

TARHARNA

1st. Edition -- 1982



By

I. Chhawnmanga

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Saiha. G/1000.

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F. Chhawnmanga.



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(i)

Kum zabi 21-na kaw! lo êng tur hi thlirin
mibringte hian rei tak dam theihna kan chan leh
tâk thu bi tun ațanga sawi tan a hun tain ka hria
a ni.

Tunah ngei pawh hian rei tak dam theihna
hi kan chang reng tawh a , kan duha kan zawm
theih phawt chuan Eden Anghia sub lêna chu
a lo thleng reng tawh a ni.

Pathian malsawmna tam tak kan dawnte zing-
ah hian rei tak dam theihna hi a tel ve a ni,

Ka rualpui zawng zawngte leh ka sia upa
zawng zawngte tan he lehkhabu hi ka buatsaih
a ni. A bik takin ka pa tân a ni leh zual.

29.6.82.

F. Chhawnmanga.

A CHHUNGA THU AWMTE

(iii)

BUNG—	THUPUI—	PHEK
1. Nundau thar in tanna.....	1
2. I kum kha theihnghilh hmiah rawh.	4
3. Vitamin leh Mineral	8
4. Chawtha bik te.	11
5. I Lung kha ringogam rawh	12
6. Pumpai nawm lohna.	20
7. Menopause.	30
8. Be (Thengthel)	32
9. Tleirawl i ni leh ta	45
10. Chauhna	47
11. Mit	57
12. In buk rawka khawsakdan.	71

BUNG I. NUN DAN THAR INTANNA.

He lehkhabu hi chu chhiar zawha dah mai chi a ni leh pek lo. Chhiar zawh pawha chhiar leh thin ngai a ni a , chuvangin ngua takin chhiar tan ang che.

Tuo hma i nun dan zawng zawng chu eng pawh lo ni tawh mahse , he lehkhabu i chhiar a tang hi chuan i nundan i thlâk hmiah tawn dawn a ni.

Kan ramah him rei tak dam theihua a awm dawn a ni tia ka sawi so thin kha , tanaa hian chu damreina kawng chu engoge a nih ka sawi dawn ta a ni. Ka zep rei tawh lovang. Amah-crawh cho dam rei duh mi i nih loh chuan i dam rei chuang lo ang a , he lehkhabu pawh hi i tan a tangkai chuang lovang. Dam rei i dua ve chiah erah chuan chhiar zel rawh le

Engtia rei nge dam i duh le? kum za caauh em ni? Doctor thimte chuan mihriage hian purtin nâna kum kan mamawh zat let sirin atanga a let sawm leh pali thleng kan dam thei e , a-uh chu! Kum 140 atanga kum 280 thleng kan dam thei tihna a nih chu. Geness bu kan chhiar chuan mi hmasate chu zikua leh sawm rakte an dam thei th kan hian

Kum zakua chu dam thei dawn pawh ni ita ,
kan duh kher mah nalo. Mahse kumzate , za leh
sawnlite chu kan dem duh ngel dawn lawm ni ?

Tunah bian dam reina ringawt kan sawi dawn
lova , kum sawmr'at nih tawh pawha thalai anga
la awm theih, den tur kan sawi zawk dawn a ni.
Kum zahoih hnu pawha duh duha la zin vei vak
thei mihring nih kan tum zawk dawn a ni. Pitar
leh putar , mahni pawh in sengkawl thei hleith
chu nih kan tum lova , kum 140 mi nih tawh hnu
pawha tu leh fate tana rgahtuah awm bik lova,
mahni kurkea la ding thei mi ni turin kan inzir-
tir zawk dawn a ni

Tun atang chuan upu lam an dam loh pawh
pawh in thalaite sia nasa lehzuala enkawl tur a
ni. Tio, a dam lova pawhin rilru nei taka in en-
kawt tum bawt tur a ni. Thi mai tura inggaih
na hi andam chhung han a titawi nasa a ni
tum ruhna zawng zawng pawh a hnawt bo vek
zel thin. Thi mai tura inggaihna hian thahnem
ingaihna pawh i tibo der zel a ni.

Tun lai kan ram Kristian tam takte hian rei
tak dam hi an duh lo a ni mai thei. Khawvel
hun hi tawp tawp pawha inzirtirua te pawh hi a la
awm chenwa, mi tam tak rilru chu a titawi viau
tawh mai thei. Nimahsela, Pathian Program me
chu tu va briatpui theih a ni lova, he leilung
erawh hi chu a ral mai dawn lo a ni tih hi ru
ngam a tur a ni.

Sam buah chuan Mosia tah hlaah, " Kan dam chhung hunte chu kum sawmsarih a ni a. Hrisel-na avangin kum sawmriat pawh a ni thei e," tih thu hi kan hmu a. Dan hnuasia cheng Israel fate chu an dam rei thei lo reng a ni. Mahse Mosia ngei pawh kum 130 a dam tih kan hria.

Ni hnunung atan chuan hetihian zawlneiia a lo ziaak ve thung a.

"Mihring dam chen chu thing dam chen a ni anga. Kum zaa thi chu hlazvuh, anchhedawng an ti ang. * tian.

He thu hi mi tam takin kum sang Lal rama Judate hun turah an puh deuh ber. Dik pawh a dik bawh ang. Mahse kan rom tan pawh hian a dik ve tel dawn tlat. Isua Krista avangin.

Chuvangin rei tak dam theihna hi a awm ngei dawn a, a duhta leh a zawngtu chu rei tak a dam ngei dawn bawh a ti.

Tuna kan awm ang mai mai hian kan dam rei thei ang em? Feuh lo mai. Dam rei tur chuan kan khawsak dan zawng zawng leh kan chaw ei dan zawng zawngte hi kan tihdanglam a tul dawn a ni. Kan rilre put dan pawh hi kan thlak hlaub a tul dawn a ni.

Tur hma chuan kum sawm ruka mi a thihin tur thiah kan ngai thin. Tun atang chuan kum sawm ruka mi a thih chuan thahin thiah ngaih tur a ni. A hna chawv chaub a la hman hman a ni a.

Kum sawmrük mi a nat chuan, ngaihsak loh rukna a awm thin. "Upa lam a ni tawh a," kan ti a.

BUNG II.

I KUM KHA THEIHNGHILH HMIAH RAWH.

Mi tam tak chuan an kum hi an chhiar an chhiar thin a, an vawog run thin. An kum upatna chu an vei a, an aia upa an awm mang loh phei chuan tar chhia anga awm an han tum nghal mai nia! Chutih lai chuan an aia upa sawm rual vel chu lo awm leh ta sela, an naupang chhe awm leh mai ang. Chutiang chu a ni mai mai.

Kan kum zat bi theihngilh hmiah tur a ni Lungleia Pianghleia nu chu "Ka pi, kum engzat nge i nih tawh ang?" ka lan ti a. Lu thing nar nar hian mi han en a, "E, kum sawmbhnhpanga chu ka ni tawh ang," a ti zu nia. A kum a theihngilh hmiah tawh. Amaherawh chu hên; kan inzirtirna ang chi hi a la hre ve lova, a la zawn lova, chuvangin a kún thai tawh mai

Tunah kum engzat pawb lo ni tawh la, thei-rawl angah inggai ang che

Upa a in ng-ih chuan upa i ni a, tlangvala i in ngaih chuan tlangval i ni a, a upanga i in

ngaih chuan naupang i la ni mai. Kan tehna a zir zir a ni mai. Kum zakua dăm tur tân chuan kum za chu nausên kum ang a la ni mai. Kum za chauh dăm tur tân chuan kum za chu upat tawpkhawk a ni ve leh thung.

I kum chu eng zat pawh nise lungawi takin pawm hmiah rawh. A bâka i la khawsak dan tur chauh chu ni kan ngaih tuah dawn ni. Suang-tushna mai mai a ni lova, duhtusâm satljah mai pawh a ni lo. Rei tak dăm thei tura Pathian in min siam dân hi kan hriata kan zawm theh chuan, chu chu thu tak a ni mai. Thil tha eng pawh a duh tu tân chauh a ni. Dăm rei na leh hriselna pawh hi a duhtu tân chauh a ni. I duh chuan a dante hi i zawm zel ang a, i dăm reng mai ang, hrisel takin. I duh loh erawh chuan le, i thu nise.

Upatna ni chêt dânah te, tawng dânah te, ngaihtuah naah te hian a lang thin a. I chêt dânah thalai angin chela, i tawng dânah thalai angin tawng la, i ngaihtuahna pawh thalai ngaih tuahna ang ni sela ticbuan thalai i ni mai dawn a ni.

Amaherawh chu, kawng engkima thalai ni thei tur chuan thil pathum a marawh bik a ni. Pakhatna chu chaw tha a ni a, tin, toksa hrisel

leh chak a ui leh a, a pathumna chu rilru huaisenna a ni,

Taksa chhe lai apiang a thara thlak zel turin chaw tha kan mamawh a. Tin, thil thar engpawh ti ve ngam zel tur leh lo dawngswng ngam zel turin rilru huaisenna kan mamawh bawh a ni.

Rei tak dam hote chuan thil kawng lah in aana an nei a ni.

- (1) Chaw pai tawihna lan an nei tha.
- (2) An lungphu a muangin a rual tha.
- (3) Zun leh êkah an buai ngai lo,
- (4) Rilru handam mi an ni.

Dan naracin kum 40 leh 60 inkara kan chaw ei thin hian kum 70 leh 80 inkara kan hmel lan dan tur leh kan ngaihtuah na awm dan tur chu a ni an ti a. Chuti a nih lek phei chuan tun hi chaw tha hlir ei ni huan chi a ni

Eng huah pawh hriselna chhe tawh hi a si-an that leh theih a ni. Tlai lua a awm lo. Kum 80 kan nih huah pawh kum 30 kan nih lai ang a kan hrisel theih lohna chuan tu hi a awm lo reng reng a ni.

Chaw hi nuam ti chung zelin ei tur a ni, tuiziate ngaihtuah chung leh taksa tana a tangkai dan tur bre rengin, uluk takin thial tur a ni. Kil

tam vang emaw a lo tui deuh tak vang emaw a, hmanhmawh taka dawh pawp pawp hi chin miah loh tur a ni. A that lohna chu, chaw thial chip lovo lem chu, chaw paitawihna kawnga puitu 'enzymes' ten an lo chawhpawh tha thei lova. Chutiang chaw hrawmhraw chu ril leh pumpui banga thisen dawhte chuan a bip hlei thei ta lo va. A fe hrawmhraw puiah chuan rannung 'bacteri' ni maktadusi telin on pung ta thin a ni. Chu chuan kua a tipuar thin.

Chaw ei hman hmawh that lohna dang leh chu, chaw rualin bornak kan lem tel thin a, chu chu pum chhungah a lo puam a, vawih leh irhah kan tok thin a ni. Tin, helhte pawh a awin bawk thin. Upa'n "Zawi te te khan ei rawh" an tih thin bi a lo pawimawh hle a ni. "Zan khai tuisik insualah pawh a thin theih," an lo tih thin te pawh hia dek tak tak a ni. Chuvangin ei leh in kawngah hi chuan hmanhmawh loh hi a hmanhmawh ber a ni.

Chaw tui taka ei reng thei tur chuan zok leh hmuam hi kan bansan a tut a ni. Kan rannah chuan pankawr ei mi tan chuan chaw ei tel a har viau ang. Suibur leh khaihi hmuam mi tan pawh chaw ei tui a har viau ang. Chithlum bar deuh hnua thingpui in ang a ni. Mei zumi tan pawh chaw tui taka ei chu a khât hle. Mei ka hen lai chuan chaw ka ei tui thei rgei lo kê hi

a chawlawl deuh tlát. Thlirim pawh kan hre chak thei hek lo.

BUNG III. VITAMIN LEH MINERAL.

Protein hian taksa chhe laite chu a siam tha zel thin a , eng lai pawhin hna thawk theiin a awmtir reng thin a ni. **Carbohydrate** leh thaute hian chakna uin pe a . kan che vel reng thei ta a ni.

Vitamin hi chi tam tak a awm a , taksa tan thian tha ber a ni. A pawimawh zual deuh deuh chu a hnuaia tar lan ang hi a ni.

Vitamin 'A' hi hmél tithatu leh minti itawm tu ber a ni. Vun mâm tha tak min neih tir a , mut fim tak min neih tira , danna hrik do let thei turin ralthuam min siam sak bawk a ni.

Vitamin 'B' hi chi hrang tam taka a awm a , an la hmuh chhuah belh zel bawk a. Heni B pawl hian lung a tichak a , hriatna thazâmte a ti chak bawk a , tin, zun leh êk malmal taka a awm theih nan a tanpui bawk.

Vitamin C hian taksa bung hrang nrangte hi a ti naupangin awlsam taka che zung zug thein a awmtir a ni

Vitamin D hian ruh leh hâte hi sak tak leh nghet tak, ngil taka awm turio a tanpui a , tin . taksain Calcium a hman theih nan a lo tanpui bawk a. Chumi avang chuan taksa habchawlhna siamtu a ni kan ti thei bawk ang.

Vitamin E hian , upat lama hri lokal tam tak te hi , a lo hnar kiang ve thin a.

I that lai hunte chu a sei theih nan i-taksa in mineralte hi a mamawh em em reng a ni. Taks a a tui tam tak awm reng thei tur hian mineral te chu an pawimawh a , tin, be chi hrang hrang in thil tuhuang an tihchhuah thinna kawngsh pawh mineralte chu an pawimawh bawk tin, thisena tuisik awm ve hi , a al lutuk tur emaw a thur lutuk tur emaw hi mineral chuan an veng ve tlai a ni.

Calcium leh Phosphorus hian ruh leh hâte hi an ti sak a. Upa lam chuan Calcium hi an mamawh tam tawh tawh thin a ni.

Calcium leh Vitamin D tang kawp chuan briatna thazamte hi an tichak a , taksa a tihahdamin a ti thlamuang a , tui taka mutbilh theih nate a rawn thlen thin a ni. Iron hian thisen dawta oxygen leh Carbondioxide awmte chu a sem rual a ni. Iodine hian Thyroid gland-ia thyroxine a

tihchhuahoa kawngah a taupui ve leh a, chu thyroxine chuan hnathawb châkna te iofiam chak na te min neihir thin a ni. Tin, taksaâ thau chuanetlai awm tur hi a vêng tlat baw k a ni.

Dam rei tur chuan protein tam taw k ei a tui a, chu chu bawngnhute-ah te, (1 bik takin bawngnhute tih thurath hian), artuiah te, sa lungah te, Sanghi-ah te, a awm tam a. Tin, thlai hring le eng chi tam taw k taka ei a tui baw k ang a, thei tui sawr te, thei chi hrang te pawb hi a tam thei ang ber a si a that a rinawm a. Tin, ni tin chaw ei bâkah upa lam chuan Vitamin leh Calcium muah hi ei tel thin baw k sela. Amaherawh chu chaw aia Vitamin ei chu a thatna a awm reng reng thung lo.

Dr. T. S. Gardner an tih chuan rannungah en chhiona a siam a. Rannung hrisel pangngai ho chu vitamin B₆ an tih Pyridoxine an tih chu pawl khat hnênah a pe a. An dam hun chhung chu za zelah 10.5-in a lo sei ta a. Pawl dangah chuan yeast nucleic acid a pe thunga, za zelah 11.3-in an dam rei phah a. A pawl thumua chu pantothenic acid-in a cakawl leh a, chumite chu za zelah 27.8-in an dam rei leh ta a. Chum bhu chuan a chi thum chuan a pe kawp ta a. Za zelah 46.6-in an dam kum chu a lo inbelb ta dai mai a ni. Tsa hma a an dam chen tur

nia an briat zutve deuhthaw kha an dam rei belh leh ta nihna a ni. Heng an chaw pêk chi thumte hi khamir (yeast)-ah hian a awm kim vek a ni.

Protein tam tawk, Vitamin B tamtawk Cal, cium tam tawk a tul reng a nih chu

Vitamin A chu thlai bring leh eag chote hlan Thinah an siam thlin tin, sangha thlin mauah hian a tam ber.

Vitamin C chu thei chi hung hung, ser chah te hian a tam ber. Vitamin D chu nizungah a tam. Vitamin E chu Wheat germ-ah a tam ber.

BUNG IV CHAW THA BIKTE

Khamir (Yeast)

Yeast-ah nian vitamin chi 17 a awm an ti, Vitamin B ho zawng zawng pawh an kim vek. Tin, amino acid an ti chi hi 16 a awm baw a. Tin, mineral pawimawh chi 14 a awm baw. Za zela 46 chu Protein a ni taung a, chithlum leh thau leh carbohydrate crach chi a awm lo thawinang a ni.

He khamir hi den poutia bawnghte ah a pawh theih a, thei tuah pawh a pawh theih baw.

Bawnghte phut : Hei ni a thaina chu thau

a awm lova, protein leh calcium leh vitamin B (riboflavin) a hausa thung a ni. Bawnghnute thar-lâm aia ei zâwk tur chu a ni lova, amaherawh chu ei-in tur dang tichaktu atân hman tur a ni thung. Bawnghnute tharah pawh pawlh belb theih a ni. In chi dang reng rengah pawh a pawlh theih a, ei tur dang bual (tal) nân pawh a hman theih bawk.

Bawnghnute tibthur: (Yoghourt)

Hei hi vai hovin " dahi " an tih hi a ni. A thur king tuau mai a, ei than leh chuan luak mai awl tak a ni. Mahse taksa tân a that dan chu khamir ang deuh tho a ni.

Black Treacle: Hei hi kurtai ek chhia tih mai tur a ni. Chithlum an siamna atanga lo awm a ni a, chithlum aini nasa takin a tha a ni. Vitamin B group zinga tam tak a awm a, B₆ pawh, thil danga awm mang lo a li a, betah hi chuan a awm ve a ni. Vitamin B bakah Calcium leh Iron leh mineral dangte pawh a awm nual a ni. Fu tuta mineral awm chi zawng zawng chu betah hian a la kim vek a ni.

BUNG V

I lung kha ring ngam rawh.

Lung natna hi mipui hmelma lien ber niin

an sawi thin a, a dik thawkhat awm e. Mahse, he natna hi a hneh theih ve thung a ni.

Lung hi mibring pian qhhuah hma atanga che tan tawh a ni a, kan thih ni thlengia chaw lovin a che a ni. Chuvangin kan taksa bung hrang hrang zingah hian a chak ber leh a tha bera chu a lo ni zawk.

Lung hian rei tak nun a duh a, rei tak nuntir turin a ngên mawlh mawlh che a ni. A duh dan leh a dam rei theih dân tê hi a awm ve a, chumi dan chu zawm hram hram turin a ngên mêk che a ni.

Ni tinin fng takin chaw ei la, i lung mamawh thilte chu ei thin ang che.

I lung chuan vitamin chi hrang hrang a mamawh a, chumi zinga pawimawh ber chu B₁ hi a ni. Hoa thawk im apiangia Vitamin B chu an mamawh tam leh zual a ni.

America-a Cornell University Medical School-ah chuan volunteer thenkhatte chugah an ti chhin a, hetiang hiau a lo lang a ni.

Vitamin dang zawng zawng a tawkin an pe a, B₁ chiah hi an pe tel ta lova.

Ni hnih thum hnu chuan, an mar phu a lo muang ta a.

Hna an han thawh tir a, rei lo teah lung phu chu awlsam takin a lo rang ta mai a. An lo tlakchham rei deah deah chuan, marphu muang leh marphu rang chu a inchhawh ta sek mai a. Marphu rang chu a lo awm ram ta tial tial a. An lung chu a lo puam a, a hma oin a lo lian ta nghe nghe a ni.

B₁ tlachham ho chuan, an marphu te chu an hre thei ta a, an lungphu te pawh chu fiah takin an hre dut dut thei ta mai a ni.

Lungphu rang (marphu rang) hi calcium tlakchham avang pawhin a awm thei ve. Lungphut kar lakah hian tihrawl a chawl tur a ni a. Chumi chawlh tir tur chuan Calcium a mamawh a. Taksa-in Calcium a hip luh theih nan Vitamin D in a tanpui a lo tul ve leh bawh a ni.

Vitamin E thlakchhamna pawh hian lung natna tam tak chu a thlen ve awm e. Ontario (Canada-a) an en chhinnaah chuan. Lung natna veite chu an chaw-ab Vitamin E an telh beln chhab ta a, rin ai daihin an dam hma ta mai a ni, a tih chu !

Thaw lak tawina te, awmna te leh lung

natna avanga thil dang a la nghawog chhuah te reng reng hi. Vitamin E tam tawh taka an pek chuan, ni thum chungin an dam thei a ni.

Lung natna nghet tawh deuh tan chuan, Vitamin E (alpha tocopherol) hi 90 mg zelin chaw ei apiangin ei tel sela, thla khat chung. A thla hnih naah chuan 30mg zelin ei tel sela, an dam hlen mai ang. Hei hi Dr. Shute leh a thiante chawh dan a ni.

Lung hian Oxygen a mamawh em em reng a Vitamin E a ngaih lai hi chuan Oxygen a mamawhna hi a nêp deuh thin a ni.

Lung chuan Vitamin B group leh E leh Calcium tam tak a mamawh a nih chu. Vitamin B ho hi tuiah azawp theih avangir taksa ah a awm rei thei lova, chuvangin nitin ei belh zel a tul thin a ni.

Thisen dawt (arteries) a lo sak dan,

Blood pressure hi a dang a dang thei tih hi hre onawt ila. Kan thawh rim lai hian a sang ziah thin tur a ni bawh. Tin, kan rilru a phawk lek lai te, rilrua ve, hian tak kan neih laite hian kan blood pressure chu a sang bawh thin. chuvangin, a kum tela a sang chho reng a nih loh chuan thisen dawt a lo sak ta a pih chu rin lem tur a

ni lo. Chuti pawh lo gi teh reng sela, mi tam tak chutianga awm chung pawh chuan rei tak hlim takin an dam thei tho bawh. Hetiang thisen dawt sak hi arteriocleró an ti thin a ni-

Hetiang natna lo awm theih dan chu thisen dawt kaw chung lamah bian thil khal khawihmun ang deuh hi a bet teuh thin a ni. Chu chuan thisen dawt chu a ti khawng a. Chutiang thil bet chu Cholesterol an ti a. Thisen dawt a khawng tawh hnu pawhin blood pressure chu a la tibuai chuang lova. Amaherawh chu ni-khawreiah chuan thisen dawt kua kha a lo zim ta tial tial a, thisen kal vel kha a la pangngai reng si a, lung hna thawh chu a lo haetak ta tial tial chin a ni. Thisen tam lam thuhmun reng si kha dawt kaw zimta pump luh a lo tul takah chuan lung chuan na lehzu a pump a lo tul a, thisen dawiah pawh a chik chu a na lehzu a tur a lo ni a, chu chuan blood-pressure chu a tisang ta a ni. Thisen dawt chu a pin hmiah chuan mihting chu a thi ta thin a ni.

Hun rei tak chu he natna hi a hneba an hmu chhuak thei lova, tinah erawh chuan an hmu chhuak ta.

Cholesterol a lo awm na chhan chu kum eng-emaw zat chungin an chaw ei-ah vitamin B group zanga choline betaine leh inositol an tel loh vang a lo ni reng mai. Heng vitamin te hian thau leh

Cholesterol te hi taksa-in a hman zung zung theih nau leh a chhek kual zung zung theih nân an tanpui a ni.

Arteriosclerosis natna veite pawh hi, heng Vitamin chi 3-a an chawm chuan an lo dam thei ta tlat a ni. Thisen dawt chhung lam banga bawihhlawh bet tlatte chu a lo khawk ta a, thisen in a chhek sawn ta vek a, tichuan thisen chu thawl nuam takin a kal leh thei ta mai a ni. Amaherawn chu chawp leh chilba tha thei mai a ni lova, thla ruk atanga kum khat vel a mamawh a ni. Chuvangin dawh theih a ngai a ni.

Choline tamna ber chu sa thluakah a ni. Chawlh kar khatab Kel thluak emaw Bawng thluak emaw vawi khat chu ei ziah tur a ni. Tin, heng Vitamin pawimawh ho hi chhang urna khamir (yeast)-ah hian a kim vek. Sa thinah hian a kim bawh.

Vitamin B group ho hi thawktlang vek an ni a. Pakhat ei tam chuan a dang ei tam ve a phut a ni. Chuvangin chaw-ah hian B group awmna ho hi ei uar a tha ber.

Blood pressure a san chuan thau tel lo chi hlir ei ngar ngar mai tur a ni. Cholesterol hi ran thau, butter angah te hian a tam a, artuia thau awmah te leh bawng thau ah te, ar thau ahte hian cholesterol chu a tam ber a ni

Mahse, sa ei lo ho, vegetarian ho pawh hian chutiang natna chu an vei thei tho si. A chhan chu thlai ah hian hriak tam tak a awm ve e, chung atang te chuan taksaah hian Cholesterol chu a lo insiam thei tho mai a ni.

Chuvangin i chaw ei apianga vitamin B group telna chaw ci tel zah turin thu intiam ngawt mai ang che. Vitamin B chuan i thisen dawt chhunga bawhlhlawh bet tur e' u a tleng fai zel dawn a ni.

Tun hma chuan High blood pressure vei ho chu Protein lam ei tlem turin an hrih thin hlawn a. Tunah chuan chu chu an ban leh ta. Low blood pressure hi Protein chuan a tisang-in a ngai a awm thei e, mahse a ngai sia sangah chuan a awmtir thei lo. Thisen dawtte a chak reng thei ran Protein chu tam tawk tak ei reng tur a ni zawk. Amaherawh chu artui te cheese te ah hi chuan hriak lam cholesterol a tam a vangin yeast len bawrgnute phutte hi ei zawk tur a ni.

Chi pawh hi thisen sangah hian an ngaih-nawh deuh thia a. A chhan chu chi tam tawk tak chuan taksaah tui tam tak a awm tir e, chu chuan thisen a tisang ve thei a ni. Tin, kai hian hna a thawb that theh loh chuan taksaah chi awm chu a pah chhuak hneh thin lova. Chuvangin thisen san zual laite leh kal that loh laite chuan

chì ei tam hi an khap thin a ni.

Thisen a sân lai chuan, thisen dâwt tîfàn tur leh tichak turin vitamin C a lo tul ve leh a. Chuvangin vitamin C tamna chaw ei car a tul baw a ni.

Chaw pat tawih-zawng hian thisen a tisang ve him him baw a. Chuvangin vaw khata chaw tam tik ci alin tlem denha vaw tam zawk ei pawh a tha zawk.

Thi put thin hi tih reh tur a ni. Thi a puh thin na chhan chu thisen dâwt a chak tawh loh avangin a keh thin a ni. Thisen dâwt tichak tu hi vitamin P a ni a, vitamin C kmu chhuak tu Dr. Albert Szent-Gyorgyi baw-in a hnochhuak a ni. A nah bi hangarian a ni.

Vitamin P chu vitamin C awma hoth hian a awm ve a ni. Ser chi hrang hrangahte, thing hmarcha uring-an te hian a tam ber a ni.

America nana Dr. James Couch chuan thisen dâwt tichak tu thil dang a hmu chhuak ve leh a, chu chu "rutin" a vuh a. Chutiang chu tomato lung leh huabalte hian tlem tlem a awm a ni.

Mamal lo taka chaw ei buan buan te, nlu habna len engletha te hian thisen dâwt a tiche thei a ni. Damdawi thenkhat thisen dâwt tana a i sa thei an awm bawk. Chungte chu asinin te mpha te stilboestrol te an ni. Doctor an lo an ei mai mai tur a ni lo.

BUNG VI

Pum pai nawm lohna :

Kum a lo tam tial tial hian, chaw pai tawih-na lam hi a chau tial tialin a lang thin. Hei hi a chhan ber chu chaw ei a that tawh loh vang a ni fo. Vitamin B leh Protein an tlakchham vang a ni deuh ber.

Vitamin B an tlakchham chuan pumpui leh ril tawm vel thin khân chakna a nei ta lova, a che nep hle a nih pawhin a che thei lo emaw a ni a. Chuti a nih chuan chaw titawih tu thil tuihil leh enzymes te chu chaw nen a inpawh tha thei ta iova. Chaw pai tawih mumal loh chu pumpui leh ril bang a lo hip lut tu tur nen khan an intawng remchaw thei ta lova, thisena kal tur zat chu a kal thei ta thin lo a ni.

Chutiang chaw pai tawih loh leh thisena kal ve thei lote chu rannung (bacteria) maktaduai engemawzat chawmtu a lo ni ta reng mai a ni Kawpuar leh vawih leh irh te chu a lo lan chhuahna a ni ta a ni.

Protein mamawh tawh a awm loh chuan chaw pai tawihna a buai thin a ni.

Chaw pai tawihna thi pawimawh (enzymes) te chu protein atanga siam a ni a, amino acid thi

zawng zawngte chu a pai vek bawh a ni. Protein a tam tawh loh-in emaw amino acid te zinga pakhat emaw pawh a kim loh chuan enzymes te chu a lo insiam tâwk ta lova, chaw chu a pawlh hneh ta thin lo a ni.

Chu lo rengah pawh, Protein kan tlækchham chuan ril banga tihrawlte chu an lo chaklo ta êm êm a, elastic rul tawh ang mai hian, sin singseng, dul hnik hnekin an lo awm ta thin a, rilfângte chuan an hna thawh tur ang chu an thawh thei ta lova, an chaw hip bângte chu Bacteria tân in-thlahpunna remchang tak a lo ni leh ta zel a ni.

America rama Mayo Clinic an tih ah chuan doctor thiam ten thil an chhuinaah, mi chi hrang hrang taksa an zia a. Mi tupawh, a pumpui a gastric juice lo chhuak thin hi a thur that vian chuan, chu mi chu a dam rei dawn tibna a ni. Vitamin B tam tawh hian chrtiang thil thur chu a awm tawkin a tichhuak reng thin a ni.

Pumpuia gastric juice thur tha tak a awm reng chuan Bacteria hlawm ho kha, rilfanga an lut tur a veng tlát a ni. Pumpui thur tih reh nana Soda emaw Chingal emaw in so hi apha lêm lo a ni.

Rei tak, hrisel taka dam thil tur chuan pumpui thur hi aqul tlát a nin chu.

Mi tupawh' a pumpui a thur lutuk chuan a chaw ei dan thlak (tih danglam) a tul a ni. Protein leh vitamin B tam tawh a mamawh a ni.

Mi rilru hab leh mei zuk heh tak ho tân chuan hahcawh hi an damdawi ber a ni ang. Engge ei tur nra, engtia ei tur nge ni? tih pawh an zir a tul bawh ang. Chaw an ei-in rilru hahdam takin, bengchheng awm mlah lovin, uar lutuk lovin, an ei tur a ni.

Rang lutuka chaw ei hi pumpui tân a tha lova, rilru zauthau tak chunga chaw ei hi a tha lo bawh. Hmanhmawh taka chaw kan ei chuan boruak kan iem tel thin a. Chu chu pumpui chhungah a lo luma, a lo puam ta a. Chu chuan thin sat verg vengna te, pum natna te, irh te, vawih te a thlen thin a ni.

Chaw ei ran lutuk chuan chaw tlang lian pui puia dawh a lo awm lo thei lova, chu chu a pawlh-tu enzymes te chuan a pawlh tha tawh thei thin lova, an hna thawh tur angin an thawh thei thin lo a ni.

Chutichuan, mahoi kutkawih pumpai nawm lohna zawng zawng chu kan pumpelh thei ta vek a ni.

A hmasa berin taksa taga pawimawh tur chi hrang hrang ei pawh tur a ni.

A pahnihaah chuan muangchanga chaw ei bi zhi tur a ni a, chaw hi sawm tha taka thial tur a ni.

A pathumnaah chuan pumpui hi a zawh loh khawp thil pêk rêng rêng tur a ni lo. Vawi l-a tam tak ej ai chuan tlem deuh a vawi tam zâwk ei mai tur a ni. Pumpui a chak loh tawh chuan kan chaw eite chu a hruï tiatkuat lam chi a tel tur a ni lo, protein leh vitamin B lama hausa a ni ngei tur a ni.

—X—

Ê K K H A L :

Mi dam rei, kum za dam te chuan pum lam insawisela hi an nei lo viau thin an ti. A hun-bi dik takah an daileng thin a ni.

Êk khal lo awmua chhan hi rilpui chak tawh loh vang a ni. Rilpui bang tihrawlte chu a lo chak lova, êk chhuah tur sawr chhuak zo lovin a chawltir a, eka tuiiril awmte chu ril bangin a hip zo vek ta si a. Êk chu a lo khalin a lo rum ta êm êm mai a ni.

Vitamin B tam tawh biau rilpui chu a ti-chak ta a, chuvengin Vitamin B tam tawh awmua chaw kan ei chuan ek khal chu kan tireh thei dawo ta a ni.

Rilpui hna thawh pakhat chu tui vawn that leh thisen zinga semzai tir hi a ni a, Rilpuia chaw a chām rei lutuk chuan, a tuipai zawng zawng kha a kang ta vek a, a lo sak ta em em a ni. Tichuan ek chu a lo tâng ta thin a ni.

KAL (Kidney)

Kal bi taksaa bawlbhlawh zawng zawng la khawma, path chhuak tu an ni. Kal-ah hi chuan thisen chik a na bik a, chumî bâka thisen sâng a lo awm leh hian kal chuan a tuar zawh loh hun a lo awm thin a ni.

Kal tibwaitu pakhat leh chu lungte sak tak lo awm thin hi a ni. Hetianga lung chang tak a lo awm theih nachhan hi vitamin A tlæknham yang a ni. Vitamin A tam tawh taka pek chuan, chu lung chang chu zawl zawiin a ral leh ta a, zun zingah a chhuak leh thei ta a ni. Thlai ei-mi (vegetarian) te hian tbei leh thlai tam tak an ei a, sa leh artui leh bawngnhnutê an ei tlem lutuk thung a, an zun chu a lo al (alkalin) ta lutuk thin a ni.

Zun hi a thur tâwk tur a ni a. A thur tawh chuan zun dâwt a natna hrik lo awm thinte chu a tihlum vek thin a ni. A al loh erawh chuan natna hrik a puulun thin. Zun-in a lo awm chuan vitamin B leh vitamin A awm tamna chaw te chu

et tur a ni. Bawngbnute leh be kâwm nei chite hian zunah acid a titam a. Chuvangin chutiang thlaite chu el uar tur a ni bawk. Tin, Protein tamna sa leh vitamin 'A' tamna thlai, carrot te leh thlai hnah hring tha thate chu ei uar tur a ni bawk.

Mita lung awm :

Mita lung awm hi thil mak tak a ni. Hmeichhia-ah leh mî thau-ah leh kum 40-mi velañ hian a awm duh bik an ti. Nu zaidam thlep thlup anga langte hian an nei duh lehzuat.

Rilru lao. zir mite pawhin pu thenkhat, pawn lam lao dana dam thluam si, rilru chhungri lama enghelh nei ru teuh si hote hian mita lungte awm hi an vei deuh bik an ti tlat bawk.

Mita lungte awm hi Cholesterol atanga rawn insjam a ni a, Cholesterol chu mit atanga lo chhuak a ni. Hrisel pangngai tân chuan, mit bawm tihrawl hi chak tawk takin a tawm a, a chhûnga mit tuite chu a sawr chhuak vek thei thin a. Mahse chaw a vitamin B a tlakchham chuan, (B, hi a ni deuh ber a), mit bawm tihrawl chu a lo chak tâwk ta lova, a tul angin a tawm thei ta thin lo a ni. Mit tui an in thawn chhuah zawh theih loh tâkah chuan, Cholesterol kna thil rit tak a lo li si a, a tla khâwm ta a, a lo sak ta tial

tiel thin a, lung angin a lo awm thei ta a ni. Chu lo rengah pawh, chaw-a vitamin chi dang dang, inositol te, choline te, betaine te a lo awm loh chuan cholesterol kha a lo pung ta vak mai a, a ruh ta tlat mai thin a ni. Heng lungte hi a lo len chuan mit bawm kawngkaah a leng ta lova, mit tihrawl chu lo chakin lo sawr hneh tehreng mahse, a sawr chhuak thei ta lo reng reng a ni. Chuvangin a zaia zai chhuah emaw a lo tul ta thin a ni.

Rilru buaina: Hei hi vitamin B zitga Biotin an tih tlakchham vanga awm thei a ni.

Dr. Sydenstricker an tih chuan mihring volunteer ho chungah a chhin a. Chaw tha tawktak, biotin chauh tel lohnain a chawm blawm a. A volunteer te chu an rilru a ngiin a bua: ta en em a, nahni intil lam an tam ta hial a ni an ti. Chumi avang chuan a tizui ngam ta lo nghe nghe a ui.

Sweden rama Scientist hovin mi a thi tawhte thluak leh minaran thi thluakte an zaiin an entawn ta a. Mi a ho thluakah chuan thi pall kim lo a awm an ti. Chu chaw adenine te, Thymine te, cytosine te, guanine te an ni. Heng chaw chi h'ang h'angte hi sa thic-ah te, bawng leh beram thluakah te Kal-ah te hian a awm a, chhang urna kbamir (yeast)-ah hian a awm bawh. Heng thilte hi a khât tawka ei fo tur a ni.

Khawvel mihring 20 zinga pakhat hi rilru kim lo emaw rilru buaina engemaw nei an ni e, an tih chu. Chaw ei din tih danglamin heng âna lo awm theihna chhante hi kan hoeh thei dawn a ni.

NERVOUSNESS.

* Ka narvas deuh tlát, tih te hi kan sawi ve fo thin. Kan narvas chuan kan taksa ah awm hle hle theih lohna a awm a, kan rilru a hambaih zo vek thin.

Hetianga kan awm hian kan taksa in thil tlakchham a nei a lo si thin. Calcium leh vitamin B a tlachham a ni.

Scientist hovin ah chhian nakh chuan chaw ei vitamin B group zinga a engemaw ber pawh a awm loh chuan, tong tih an awm a ni e. B6 (pyridoxine) an tih phei hi chu a awm loh chuan tihawl a che der der a. Kut leh Lute pohl a inthing nawr nawr thei a ni.

Putar lu thling nar nar thin te hian vitamin B6 an tlachham a nih hmel a ni.

HAIHAWINA. Haihawtna hi upat vanqa awm a ni lova. Chaw ei atang bawkin a lo awm thei a ni.

Philadelphia Damdawi ina dawn lo ho chhang a. Vitamin B group zinga mi chi

hrang hrang, a mal te te-ja an pe hlawn a, an rilru planpui chu a ngai reng nân an hriatrengna. te an ngaituahna te chu a lo chak ta deuh a - Vitamin B group pumpui an han pe leh ta vek hlawn a, chutah chuan hriat thamin, an rilru ngaituahna te chu a lo chakin a Chiang ta zawk hle a, an thil hriat reng theihna te pawh chu nasa takin a lo pung ta mai a ni.

An en chhin lehna pakhatah chuan, amino acid zinga pakhat glutamic acid an tih chu thluak a enzyme insiamna bulpui ber, (Principal Components) a ni a. Chaw-a glutamic acid an belh chuan, rilru a lo chak ta sauh mai a ni. Chu bakah thil zir theihna a lo pung, rilru a lo fim lehzual ta bawk a ni. Tin, hriatrengna a lo chak a, thil hriat pawh a lo Chiang lehzual ta bawk a ni.

Glutamic acid hi protein zawng zawng denh-thaw-ab hian a awm na-in bawnghnute-a protein awmah hian glutamic acid chu a tam lehzual a ni. Chuvangin bawnghnute thar lam te, bawnghnute phut te, butter leh a anpui chi hrang hrang te hi glutamic acid tamna chu an ni ta vek a ni.

I haihawt e m a w, i rilru ngaituahna a nuam vlaw emaw pawhin kum khaw awm den turah ngai lo la, tihdam theih natna a ni uih hriang che.

Rub ramna

Ruh hi upat avanga ram kher tur a ni'lo. Rub ramna chhan hi chu hun, rei tak, ruh tana chaw tha kan ei tawh loh tawh avanga lo awm thin a ni. Ramsaa an en chhinnaah chuan, ruh tana chaw tha dik tak pek reng chuan, ruh hi upat lamah a sak tawh tawh a, a khawng in a nel tha tawh tawh mai a ni, an ti :

Ruh chuan Calcium leh Phosphorus a mamawh ber a. Chungte chu vitamin D tel lo chuan taksa-in a hip lut thei si lova. Vitamin D chu chaw nazawngah a lo awm leh lova, Sangha thin thau (Cod liver oil) atanga ei a lo tul thin. Tin, ni engah hian vitamin D chu a tam ber bawk.

Ruh tuamtu, ruh no ang deuh hi protein atanga siam a ni a. Protein a tlakchham emaw acid a tlakchham emaw chuan a khi chat thin. Heng protein cell te hi thil fan thei collagen an tih hian a tuam a. Collagen chu vitamin C taupuna in a fan in a tawm thei thin a ni.

Chuvangin ruh chang leh nel tha tak nei tur chuan calcium te, phosphorus te, protein te vitamin D leh C te kan ei tam tawh a tul a nih chu. Ruh'cnu a tliak mai mai thei dawn ta lova. A tliak palh a nih pawhin naupan lai ang thovin

tha takin a dam fel leh thuai thei a ni tih hi briat
lat tur a ni.

Mi tam tak chu upat lama an ruh a tlahin
dam tha thei tawh lo turah an ngai thin a. Chu-
tiang ngaihdan chu palh hleuh tawh tur a ni.

BUNG VII

Menopause: Hei hi hmeichhia-ah chauh
a awm a, an upat lama thi hul hun hi a ni. Thi
hul awmza chu chithlabna hmaorua, nau pai thei-
na thilte a lo tawpna hi a ni. Kum 40-pelb tawh
hi chuan hmeichhia tumabin fa pai leh hi an coak
tawh lo tleuh reng a ni

Thi hul tan tirh lai hian, thi neih tan tirh lai
ang bawkin thil eng eng emaw, awm ngai lo chi
kha a lo awm thin a. Taksa sat pup pup laite a
awm a, zan mut blana thlan sat chiente pawh a
awm bawk thi. Taksa a bah dam lova, rilru a
hahdan lo bawk a. Hetiang thil hi a awm kber
tur chu a ni lova, mahse taksein chaw eng ang
emaw a. lakchham awang zawkin, thi hul tirh hian
hetiang hian an lo awm thin a ni ber. Hetianga
an awm chuan an chaw ei-ah Calcium leh Vitamin
B pek belh tur an ni. Calcium chu Vitamin D
tel-in ui sela.

Thi put tam lutuk ve thungah chuan Vitamin E hi a pawimawh ve leh a. Chaw ei kham apiang-in 60 mg. zel ei tur a ni. Vitamin F hi thi bul tawhte harsatna enkawl nan chuan an hmang tengkal tial tial a ni.

Nute hian an thi neih hun chhung zawng zawngin iron leh copper nasa tak an lo tihchhuah tawh avangio, chumi lama hausa chaw pek thin an tul a ni. Kawrtaj ekchhia (black treacle) te, wheat germ an tih te leh sa thin te hi pek fo tur an ni. Heng hi iron leh copper tamna an ni. Tin, beng bakah hian protein tamna chaw artui te, bawngnute te, sa te, yeast te an ei bawh tur a ni.

Hmeichhe hrisel pangngai tan chuan inpiwl chakna a bo chuang lo. Eng chen pawh a la awm thei tho a ni. Lin, naupai hlahna a awm tawh loh avangin zalên tak leh thlamuang takin inpawl-na hunte chu a hmang thei ta zawk a, tun hma zawng zawng aia a nuam tibna pawh a sang zawk dah thei tho a ni.

Hmangaihna dawngtu nih leh hmangaihtu nih hi mihring pianpui rilru bian a chak tlat reng a, chu chu a nih kawp chuan a nung chang chu a lo mawh thin a, dam chhung hun lo thleng apiang lo dawng turin a ropeih reng thin a ni. Inpawl-na hi taksa leh thlarau (rilru) khawih kawp

theitu a ni tlat a, induhsakna han tihlan tawn hi-
an rilru a tifarimkin a, Induatna leh ialainat tak
takna a rawn thien ta a, chu chuan nungchang
pumpui a siam tha ta a ni.

Mi dam rejte chanchin an chhuina atanga
an thil hriat chhuah chu, upat lama nupa hlim
taka awnte hi hrisel takin rei tak an dam thei a
ni, an ti. Inpawina hi taksa planken pakhat a ni
ve a, chaw leh tui kan mamawh chhuog chuan kan
mamawh ve tho a ni. Mahse upat lamah mi tam
takin bansan tur emaw an ti thin hi at thlak tak
a ni.

BUNG VIII

BE. (Thengthel)

Kantaksab hian theogthel chi hrang hrang a
awm a, hna thawh pawmawh tak ao gel theuh.
Heng thengthelte hi chaw-a chawm that theih an
ni vek.

Thengthel chi hrang hrangte chu heng te hi
ao ni :—

- (1) Pituitary gland.
- (2) Thyroid gland.
- (3) Parathyroid glands.

- (4) The Adrenals.
- (5) The Pancreas.
- (6) The Sex glands.

Pituitary gland : Hei hi be pakbat chauh a ni a, hnar phenah, thluak hnuaiah chiah hian a awm a ni. Amah cnu gram 1 hmuu sawn a then a hmuu ruk vela rit chauh a ni. He be hian be dang zawng zawng chu a thu nun vek a ni.

He be te reulte hian hormone 10 emaw vel lek hi a siam chhuak a. Chumi sawn te chuan be dang zawng zawng chu an thu nun ti hlawn a ni. Chutiang hormone pakbat chuan tun leh tisa thang chho tur a enkawl a. Hormone dang pakhatin tisa chàkna leh chhul hna thawh dan tur zawng zawngte a rel sak a. Tio, a thein thyroid gland leh pancreas (ril bawh) te a lo thunna ve bawh a. Heng bakah hian thau insiam tur te, thau chu khawl lai laah nge an awm ang tite a rel sak bawh a ni.

Pituitary gland a lo chak loh chuan kawng bawr velah thau a lo awm kuai pup thin a. Chu bakah mipa hi hmeichhia ang deubin an awm a, hmeichhia an nih chuan mipa ang deubin an awm chung a. Sex glands a te tial tial a, tisa chàkna an nei tlem ta tial tial thin a ni.

Hetia an awm chuan an thengthei kha a hma fê atengin hna thawk mei lovin an lo siam tawh

tiha a ni. Sa thau leh Carbohydrate an lo ei nasa lutuk tawh a, pituitary gland-in a sem rual seng tawh lo tiha a ni mai.

Hetianga awm tawhte chuan an chaw ei dan an thlak danglam a ngai a ni.

Pituitary gland a chak loh chuan chhulah a ngawnga, a hun hma-in thi hul a awm tlei thin a ni. Kawng leblanah chuan. Thyroid gland a that loh chuan thi hul pangngaihan thi a hul ve lo thung that a, thi hul hun a tikhawilai ve thung a ni.

Pituitary gland tana chaw tha chu, Protein awma chu, sa te, aitol te, butter te, brownghiute te hi an ni. Maugarese tamna chaw wheat germ te sa thin te. Alu te, badamte ang hi a tul bawk. Wheat germ-ah hian vitamin E a tam a, chu chu Pituitary gland hian a mamawh em em bik bawk. Tin, heng bakah hian vitamin ho ziwng ziwng a mamawh a, B group hi a mamawh lehzuai a ni. Bawoghoute thur (dahi) ah te, wheat germ-ah te yeast-ah te heng vitamin leh mineralte hi an awn kin vek a ni.

Thyroid Gland: Ko ngethel ni pakhat chauh a ni a, hrawk bawk chungah chiah hian a chuang a ni. He be hi rilru leh taksa veng kawptu a ni an ti.

Thyroid hian thil tui hoang a tichhuak a, chu thil tui chu eng lai pawbin thisen zamah hian a

kal tei reng thin a, taksa bung hrang hrangah bian a insem darh thin a ni. He be hi lâk boya a awmin emaw. hna thawk thei lova a awmin emaw chuan, tha lai ngatte pawh hi an tar bawih bawih mai thin a ni. Thyroid gland chungchang chik taka chbui thin tu Dr G. W. Crile an tih chuan, he Thyroid hian hormone a tichhuak a, chu hormone chuan mihring thothangthatna hi a siam a ni an ti.

Thyroid hi a chak loh emaw a thatchhiat viau emaw chuan hreichhiat mipatna kawngah an chau em em a. Thyroid gland a chaka a taihmâk viau chuan hreichhiat mipatna kawngah an thothang a tha em em thung a ni Khawvela mipa hmingthang, nula lar a saw, huai huai kai-ho hi Thyroid gland chak lutuk neite an ni vek. Thyroid gland chu Sex glands chawh ghotu ber a ni. Hreichhiat mipatna kawnga phurna nei ngang lo ho hi Thyroid gland chaklo tak neite an ni.

Thyroid hna thawhte zinga pawinawh tak pakhat chu thau kan ral hi a ni a. Thyroid a chak loh chuan taksa hmun hrang hrangah bian thau chhangilai a awm teuh thin a ni. Taksa siam thatna hna, (metabolism) leh thau kan ralna hna thawktu hormone hi Thyroid chuan a tichhuak thin a ni Chu Hormone hming chu Thyroxine an ti a. Iodine deuh ngawt a ni. Kal chaw

ei-ab hian Iodine a tlem viau chuan Thyroid chuan hna a thawk tha thei ta lo a ni. Chuti a nih chuan awrpuar a lo awm a, awrpuar satliah chauh pawh ni lovin ual thla duah duahte pawh-in a awm thei ta thin a ni.

Rilru chak lohna te, thil hriat reng theih lohna te, mut chhuak reh thei lo te hi Thyroid chak loh vang vek a ni.

Pian nalh taka awm theihna te harhvàng taka awm theihna te, sam leh tin leh hmél sar nalh taka awm reng theihnate hi Thyroid mawh phurhna vek a ni. "Hmél thatna siamtu" tiin vuah ila, a sual awm love.

Chaw dik lo kan et chuan he be hna thawh hi kan tibuai thei a. Tin, rilru nguina te, hlaubna te, lungkhamna te leh rilrua thil vei neih reng te hian he be hi a tichau thei bawh a ni.

Thyroid tha leh chak nei thei tur chuan kan chaw ei-ab Iodine a tam tawh tur a ni. Iodine a tel loh chuan kan tar hun hmân kan tar mai dawn a ni. Chu chauh ni lovin, kan chau deuh reng anga, kan tun hma thathonate kha khawiah ngo a awm tak le ?? tiin kan mangang mai thei bawh a ni. Iodine kan tlatchham chuan tisa a dul-in a nghet lova, kan rilru a thatchhia a, thil engmah hi kan tuipei tak tak thei thin lo. Tin, lum kan ti tâwk lo deuh reng bawh a, kut leh ke

ah phei chuan vawt tih iúkná a awm reng thin a ni.

Thyroid gland-in a mamawh ber chu vitamin B, hi a ni. Thyroid hrisel leh chak tawh nei tur chuan hêng chawte hi ei thin a tul a ni.

A pakhatnaah chuan Protein tamna, sa te, artul te, butter te, bawnghnute te hi ei tam ila. A pahnihaah chuan Iodine tamna. Chengkawh te, Tuikep te, Salmon (Sangha) te buluh (radish) te, Sapbawkbawn te, cod liver oil te hi ei tam tur a ni. Tin, heng bikah hian vitamin B chi zaang zawng awm khawmna, khmir te, bawnghnute khal (dahi) te leh kurtel ekchhia te hi ei tam tur a ni. Dam rei i duh chuan i chaw ei apiangin Iodine telna chi (salt) hiir ei ang ca. Van-neih thlak takin Mizoram Sawrkar pawhi chi a Iodine telhna hmun an siam ve tâk khá .

Para -Thyroid Glands

Hêng bê te hi Thyroid gland sir tuk ve vea awm en ni a. dan naranin pah an ni. Thyroid gland aia an te dah a, an pah naran gran khat buk emaw lek an ni. Arantaga rum sawl deuh an ni.

Heng, Parathyroid gland-te hian taksa calcium awm hi en sem ruah a, hmun khat lain a tlakchham chuan hmun dang ami an la, a awm lo laiah an sem thin a ni. This na calcium a awm

them cheun t ksa cheuhna te a thlen a, rawl nat denh them thûena te a thlen thei bawk a, t hrawl kara nat zawk zawk te pawh a awm thei thin a ni. Calcium leh Phosphorus a inbuk tâwk leh chuan rilru lim lobna te pawh a awm thei thi. Thisena calcium a awm that tawh chuan taksa leh rilru a hahdam a, phâwklêkna leh rilru zauthauna te a awm lova. Tin, ruh leh hâte pawh chak tak leh khawng takin a awm reng thin a.

Parathyroid gland te chu eng lai, a chh chak leh thit ti thei taka an awm reng thei nân. Calcium tamna chaw, bawngnaute te butier te ci tam tur a ni. Calcium mum ei dawn chuan Vitamin D mum ei tel zel ang che, Vitamin D tello huan taksain calcium chu a hmang tang ti thei lo a ni.

A D R E N A L S :

Hetiang be lu pahaih a awm a. Kal (kidney) chung ve veah an awm a ni. Adrenal te nân hormone chi khat. Adrenalin an gh chu an ti chhuak thin a. Chu hormone chu, harsou kan tawh châng leh hlauhna kan tawh chênute hian, thisena a insem darh thin a, che huan hua senna leh hlauhawm taka rilru nmal tak put theihna in in pe thin a. inven dan tur emaw che ve dan tur emaw mie ngaituhtir thei thin a ni. Liwm lutuk vang emaw lungngaih lutuk vang emaw, thu thintbawog thutah emaw kan thok wai leh nân be-

ng hormone te hian min lo tanput a ni. Thisenah adrenalin a tleni chuan kan chung a thil thlengte kan lo dawnsawona kawngah hian kan muangch-ang(vanua) rath mai a ni.

Adrenalin hian tahsaa tur lut thin te hi a lo th t zel thin a ni. Thil tam tak labrit loh te chu a ni. bawh mahse, mi thaanen an hnat theih chinah ngawt pawh, vanho ek(Nicotine) te, suan (Iced) te, leh chemich thil dang dangte pawh- in he be hi a thhe thei ve thung a ni. Tin, he be hian hoa a thawh thit theih loh chuan sam a tuak duh b w k

Adrenal tan chuan protein th tawk bākah chi leh vitamin C te. A te leh B no zayng zawng- a hi a pawngah a ni. Vitamin C chuan tur tih- bora kawngah a tanput a. Vitamin A hian a in- low tan g lut a ni. B group ba h a adrenalin sam chhuahna kawngah a tanput bawh a ni.

The Pancreas - Hei hi rilbawh kan tih hi a ni. glands zinga chhiar tel ve a ni. Rilbawh chuan hormone chi khat insulin an tih chu a siam a chuan insulin hoa put ber chu, taksaa chi thlum glycogen an tih hman zai leh dah that chu a ni. Pancreas chu a chhiar a, insulin a siam chhuah loh chuan chhulum chu hman lohvia zunah a

chhuak ta thin a, chu chu zunthlum (diabetes) kan ti thin a ni. He be hi inchi engemaw zata sei a ni a, taksa kawrawnng lalah hian a kham-phei deuhvin a awm a ni. Insulin a siam bakab hian enzymes a tichhuak a, chu chuan rilfanga chaw awm chu a pawlh thin a, protein te, thau te, chithlum te leh starch te chu a tiawih ta thin a ni.

Zunthlum kan tih ni, a chbau dangte chu lo awm bawh mahse, chithlum leh thau ei tam lutuk hian rilbawh a tirim lutuk a, nikhaw reiah chuan hna a thawk thei ta lova. insulin a siam chhuak thei ta lo a ni. Rilbawh chau tawh ti-chak leh tur chuan vitamin B group ho bi ei tam a tul a ni. Tin, chu bakab dahi leh khami te hi ei tam ni se, ni khat-ah thirfian khat zel a tawh ang.

The Sex Glands : Be dang zawng zawng chu lo tha ta pawh nise, Sex Glands a that si loh chuan nun a famkim leh dawn lova. Chuvangin he be, hmeichhiat mipatna vawngtu hi, a pawimawh jeh hle a ni.

Mi tam takin he be hian hna kawng hnih a thawk tih an hre lo mai thei. Kawng hnih Chiang takin hna an thawk a ni. A pakhatna

chu, chhungril lamah thil tih chhuah an nei a, chu chuan taksa a siam tha thin a ni. A pahnhna-ah chuan, pawn lamah thil tih chhuah an nei leh a, chu chuan chi inthlah chhawn zelna a siam thung a ni. Chhungril lama taksa siam that leh na hi kum upat lamah chuan kan mamawh em em leh zual a ni. Vienna Dr. Steinach an tih chuan thil a hmu chhuak a, mipa chi chang kal-na kawng, vas deferens an tih chi a tihpu sak hlawn a, mipa chi chhuak tur kha a chhuak to lova. Chu chuan taksa thothang that a a siam ta a ni. Hetiang insiam hi tunluah chuan khawvel pumpuak an uot em em ni.

Kan sawi tam ber chu, kan Sex gland te hi engtin nge hrisel takin kan awmtir reng tho ang? tih hi a ni. A pawmawh hmasa ber chu chaw tha tawk si hi a ni phawt ang a. Chaw tha tawk chu eng hi nge ni, tin huat a pawmawh leh ang a. Vitamin A,C,E leh B pawl ziwng ziwng ni a mamawh ang a. B zingah pawh pantothenic acid te, para-aminobenzene acid te leh folic acid te hi a pawmawh zuala te chu an ni.

Bulgary rama mite hi an dam rei in an hrisel em em bik mai a, a chhan ber ni awma lang chu bawngnhute thur (dahi) an ei tam vang min alang

Vitamin A hi chhol leh prostate gland hrisel-tu atan a pawmawh a, hi geth au bi chhar dik-

tu atan pawh a tangkai a ni. Vitamin E hi sp m
(oil sên) siam can a pawimawh em em baw k.

Vitamin B ziuga engpawh hi kan tlakchham
chuas hmeichhiat mipatna kawngah kan tlahnian
ngei a mahse a bik takin pantothenic acid kan
tlakchham hian a rang leh zual bik a ni. Iron e-
maw vitamin C emaw a tlêm lutuk chuan, zawi
zawia inpawl châk loh tial tialna a lo awm thin.
Vitamin E hian tilmu leh chbul a ti hrisei ve ve
a ni. Tin Vitamin E a awm loh hul hual chuan
mipat theih loh hlenna a thlen thin a ni.

Chhul hian hna a thawh that theih loh chuan
âwmah leh malpuiah te hian thau a lo awm thin
a, chu chu dannaranin kum 40 vei atangin a awm
tan chach a ni. Chutianga thau chu anglai a lo
awm chuan chaw ei dan tihdauglan a tul a ni.

Mpa zigah chuan, hlauhna te lungkhamna
te hian mipat thein lohna a thlen thei thin, uot
lamab a ni leh zual. Chutiang hlauhna leh lung-
khamna te chu vitamin B pawl tlakchhamna avang-
in a awm thei a, tin, miin a taksa chanchin a
hriat tâwk loh avangin a lungngai-in a hlau-
thawng thei baw k a ni.

Tisa châkna hi kan taksa chhuagrila SFX
glard te thil titchluaba zirin a resair a nasalo

mai a ni. Mi tâng deh khawmna (Concetration Camp) ah te chuan, mipat hmeichhiatna hi a Hahniem em em zel a ni.

Ramsa theakhata an chhinnaah, protein tlachhama an siam te leh amino acid tlachhama an siam te chuan inpawl chakna an nei tlem tial tial a, chi tlach lovin an awm thei hial a ni, an ti. Chung rannung te chu protein tam tawk takin an han chawm leh ta a, inpawl chakna anrawn nei leh ta a, chi an inthlah leh ta a ni. Amino acid chi khat arginine an tih chu ramsa in a nei h miah loh chuan chi a thlah thei mlah lo an ti. Hlangval zinga an enchhinnaah chuan arginine tam tawk lova chawhkar khat an awm hou chuan mipa chi (sperm) an thchhuah thin chu nasa takin a tlem ta mai a ni.

Doctor pahnih Reynolds leh Macomber an tih te chuan calcium tlachhamna hian arginine tlakennam ang bawkin nghawng a nei ve a ni, an ti. Vitamin A a tlem lutuk chuan chi dung a irsam tlem bawka, a zual viau chuan mipat theih lohna hial pawh a thlen thei bawka.

Thsu lutukna : Zungawl vette bâkah chuan chaw heb lutuk te hi mahni tâna thil tha lo ti mek tute an ni. Zu hehho chuan zu a carbohydrates an ei tel teuh a, chaw hehho pawhin car-

bohydrate leh chithlum an ei tam lutuk a ni.
Heng hi an tan chuan tûr (poison) a ni si a.

Zungawl veite chu an lar êm êm a, van-
tlangin an ngalmawh viau bawk a. Mahse chaw
ei tam lutukte hi chu ngalmawh nachâng kan
hre lo. Chhûngkua an tibuai lêm lova, vântlâng
pawh an tibuai lêm lova, mahse anmah ni tan
chuan zungawl vei ang thovin a paw si a ni.
Chaw heh ho chu an nihna tak aia an lang upa
zâwk a, nuh an tiza em em bawk. Khabe pa-
thum lai au nei a, thau chuang tlai, chhûng 3
tlai zet tur an pai bawk a, ngaihno bei chu khwi
lamah ! An damchbung hun chu a titawi tial tial
bawk. Hemi thu hi Insurance Company ho hiao
an hre hneh khawp mai. Min a awm aia a
kawng iachi khata a tih len chuan, kum khatin
a dam hun a titawi a ni. Iachi hnih a nih chu-
an kum hnihin a titawi a ni. Chutiang zelin, io-
chinga-a a inthlaub chuan kum nga-in a nun a
titawl tihna a ni mai.

Zungawl vei tawh reng reng dam rei an awm
thei lo. Mahni mal chung a sa chan an ni. Chu-
tiang bawkin mahni taksa dub taw aia ei tam
te chu mahni mal chung a sa chan an ni ye. Mah-
ni tana thil tha bretu chuan ei luat leh in luat
hi chu a ti ngai lovang.

Kan nulat tlangval laikhan lo' m'ahm
awh lutuk ani. Nupa pasal kan nre' solote-
ah Chhangchhiat m' nang ngah a. Chhang
chhiat a kanreh chu an upa lampangh kan nre' a.
Tumawngbeng kan han nih phei chu an tar ta
hialah kan ingai t' thin a ni

Mahse chutiang ru ch' i n h' i n e
 I chhangchut ru ch' i n h' i n e
 hne thawk thei ru ch' i n h' i n e
 pawh thei rawl a n h' i n e
 hman tan ve a n h' i n e
 an "Hei rawl" a n h' i n e
 rawl a n h' i n e
 thawk rawl a n h' i n e
 Nang chu hahda a n h' i n e

High schoolah pawh lutio lehkhah zirzan leh ta mai che. Fuienge dâl che? A tlai tawh i ti elo? La tlai ngang. Intih kun sawmnga pawh lo ni la. kun sawmruk i thin chuan. Matric i pass hman lutuk, kun sawmsar i nih-in B. A. i pass hman daih. B. A. i pass hou-ia kun sawmnga lai chu i thimna i la chhawr thei dawn a si.

Mitam takin kun fate kan ngahluah kan ti a, kan loo tha zawog zawog an tan pèk vek kan tum thin. A dik lo. Kan fate chuan hun an ngah lutuk. Kan hun kan hman hmasa phawng anga, kao fate chuan an mahni hun chuan la rawn hman ve mai daw a lawm. Ka ei ai ka fate pe ila, kei chu thi ta thui si ila ka fate chuan nu leh pa nei lova ei in chu nuan an ti chuang lovang. Kan fate tan hian kan dam hi a pawimawh ber zawk a ni. Kan nat hmuhah hian an nua kawng tur chu zawh ve sela, a che fuh emaw an che sual emaw hi nu leh pa ten hmuh pui zel thei ila a hlu zawk daih a ni.

Chuvangia fate an puitlin velch hian nu leh pate chuan oulat tlangval kan tan lei chih tur a ni. Intih oulat emaw intin tlangval emaw ni lovin nula tlangval kan nih lai hun kha kan chen niw leh dawn tihna a ni zawk. Chuvangia a kawp chawia hman a nih loia chuan a theih dawn lova, nupa lungual tuka he hun thar bi hman a tul a ni.

Mihring dam chen chu, puitlin nâna kum a-mamawh zat let sarîh atang let sawm leh pali a ni thei a. Chuti anih chuan kum 140 atanga 280 thleng kan dam thei a ni.

“Mihring dam chen chu thing dam chen a ni ang a, kum zaa thi chu hlamzuîh ânch-he dawng, an ti ang”.

Tuna kum 50 lek la nite chu kan tleirawl ve êk-âwk chauh a ni e. Upat leh naupan thu hi chu rilru put danah a inghat ber a ni, “tleirawl ka ni” i tih chuan tleirawl i ni mai a. “Upa ka ni” i tih chuan upa i ni mai.

Tleirawl kum 50 chauh i la ni mai thei, tlang-vel kum 70 mi pawh i lo ni mai thei. I hmaah kum tam tak nun tûr i la nei tih hria la, i rilru chu nasa takin buatsaih ang che. Khawvel inher zel bian finna nasa tak a rawn hai chhuak zel dawn a, chumi finna thar lo lang zel tur chu lawin taka lo dawngsawng ve zel thei turin lo inbuatsaih ang che.

BUNG X CHAUH - NA :

Upat tamah chuan kan chau hma bik in kan hie thin A dik ang. Mabse kan chauh hmâna-chhan hi kan upat vang a to ni hauh lo mai. Chaw tha kan mamawh tawh kan ei loh vang a ni.

America rama Damdawi In lian pakhatat chu-
an Nurse-ho engemaw zat chuagah thil enchhinna
an nei a, Nurse thothing tha tak tak kha thlahring
tharlam pakhat mah ei lovin, sa leh bawngnute
leh artuite ei miah lovin an han awm ta a. Thlai
chhum hmin lutuk te, chhangthawp te, chithlum te
leh buhtui hngate ringawt an rintir hlawm a. Rei
vak loah chuan, chung nula harb tak tak ho chu
an nungchang a lo dang lam ta a. An awm hle
hle thei lova, joralring reng ang hian an awm a,
an chiente mitm ham chhuah chak hial khawpin
an lo awm ta a ni. An chau ngawih ngawihin an
in hria a, an chauh zual deuh ve leh chaw chu ei
tam deuh deuh ao tum a, an ei tam poh leh an
chauh chu a zual deuh deuh mai si a ni.

Chauhna hi thil tha lo tak a nih avngin a
zualkai hman tihreh ngei ngei tur a ni.

Kan thil ei reng reng hi sawisak danglam vak
loh (natural form) hi ni thei sela, a tha ber chu
a ni. Buh leh wheat hi a vai khawk tawk chauh
a den nise, chutanga chhum tawp mai chu a tha
ber a ni. Chini ai hian Kurtai ek chhia (slack-
treacle) hi a la tha zawk bawk a ni. Hetiang ei
thang chu an chau har bik em em a ni.

Kan chaw eiah chuan vitamin B-ho hi an tam
tur a ni. A bik takin B₁ (thiamin) hi a pawimawh
Vitamin B-ho hi kan taksaa chakna thabui(energy)
tichhuak tu an ni.

Vawi leh khat a chak thut i duh chuan, Vitamin B tamoa chaw te hi ei tam la, tichuan i chak thuai mai ang. I ei dan tur chu. khamir rawt dip hi thirfian lian khat zelin bawnghtute-ah telh la, ni khat-ah vawi thum in thum ang che. Bawnghtute a awm loh chuan, thei tui sawr e-maw thlai tui sawr emaw nen chawhpawh la in ang che.

Upat luah chauh theihna hhi n dang pa khat leh chu, protein-ah hien amino acid a awm a, chu acid chu n chakra siamco cozyme a sum chhuak ve thung a ni. Upat luah hien mi tam takin protein awma chaw hi an thihaham thut thin a ni. Protein hi thrawl atân te. theinghei zawng zawng tan te leu chakra tathir a sum nan te hian a piawmaah em em si e. Ni khat i chaw ei-ah khân protein gram 60 aia thei ei a nih chuan i chaw mai thei a ni. Chaw ngin gram 60 emaw a aia tom emaw ei zish tum ang che.

Chauhna chi dang, hotê mai pakhat chu, thisena chinlun a lo tlem that hian a lo awm ve thei bawk. Hetaung hi chu hwa tu? Lu ruk dati chaw ei thi hian tova chei hian a ni dah deuh ber. Taksi mamava bawk a aia in ei thin la a ni.

Dam rei duh chuan thut an chham a ahmin hou a an chham rang tur in tova, thlai hel zar

rawi (saled) tam tawh an ei tur a ni a. Bawng. hruete thur (dahi) khamir leh kurtai ek chhiate an ei fo bawh tur a ni. Chu bokah Vitamin A & D leh Vitamin C hi a mum ia an in chhawp reng tur a ni a. Chi tel lova chaw kan ei lo ang hian hêng Vitamin pawimawhte tel lo hi chuan chaw ei loh tur a ni. Tin, Calcium leh iodine te leh iron tablet te pawh ei tel fo tur a ni. Tin Heriang chaw tha ei than bâkah hian hahchawh daw thiam a tul leh ta a ni.

Hah chawh daw tha

Taksa hahchawh tir dan hi sawi mai aini a har. Chaw tha eng ang pawh ei mah ila kan taksa a hahchawh thin loh chuan kan dam rei chuang lovang.

Hahchawh kan tin nian chakka tha hru (energy) pakhat mah limang lova a ni a ni a ni.

Lein ziek thiam tak, na pakhat chuan, "Vei kan neih chuan kan upa hmeh, rilru hah dam taka kan awm chuan kan naupin hmeh thin," a ti a ni.

Thul vei rên rên kan neih chuan kan hmeh a chhia a, rilru hahdam taka kan awm chuan kan hmeh a tha deuh sawt thin rêng a ni.

Taksa pawh hi hahdam takin awm tir ila. a tlo dawn a ni. Mi ngaihna tawm ho hi hmel tha an ni vek lem lo. Mi hahdam apiang hi an bul a awm duam kan t' theuh mai a lo ni. An mah-ni an hah dam a, an bul a awm te pawh min ti-hahdan sawng sawng thin a ni. Mi ropui tak tak te hi chuan betiang hahchawlh dan hi an thiam vek a ni.

Tleirawl lai chuan hahchawlh hi a har lo-va, kan pianken ve reng er a tih tura ni. Fui-tlin hou erawh chuan hahchawlh la a lo har ta a, a zir a zir a lo tul ta tlat ni.

Darhlalangah in en la, i hmai kha han hahchawlh tir dawn ten chhin. I hmel kha en la, "chawl hahdam rawh le. Chawl rawh, chawl zel rawh," tiin mahni leh mahn han mnrilh ila, hmel lan dan chu ngun takin er ren ila. Minit bñih vel hnu chuan kut phaba mat hupin. khupa kiu nahatna i mit chu zawinein han mat chhing la, i kut chuan nem miah lovin hup i engmah ngaih-tuah lovin awm la, i chaw t'm tak takin la la, uang changin chhuah leh la. Chutianga minit khat i awm hnu chuan, i mit chu la hup reng la, i mi mu te chuan chawl veka an tla dawn hial emaw tiin ngai la, chutianga chuan minit bhat vel awm leh ang che. Chumi hnu chuan i ka leh i kha be te kha chawlh tir leh la, i lu kha i hma-

lamah uai thlak tir la, chhete maha tang lovin,
i ringte chu awm tir ang che.

Chumi hnu chuan dathlalangah chuan han
inen leh teh le. I hmel chu a lo danglam hle tih
i hmu ang. I mitte pawh an la tle leh zual ang-
a, i thil hmuh pawh a fiah sawt ang.

Petianga i taksa bung hrang hrang hah
chawltir dan i thiam hunah chuan i tar thei
tawh lovang. Hah chawltir dan hi kawng hrang
hrang a awm a, tih chhin theuh pawh a tha viau
a ni.

A letlinga mut : A letlinga mut hi taksa a
hah chawltir danah chuan a awlsam ber nin a
lang. A zangthalin mu ila, ke lam chu lu lam ai-
in sang sela, lu pawh awm aiin huam ngei se.

A tih dan tna ber chu chaw ei dawhkan a ke
pang khat kam sân, emaw khum mawng lam kam
sân emaw a ni mai. A insan hleih na chu fit
khat vel nise a tawh ang. Chutah chuan lukham
tel lova mut zangthal mai tur a ni.

Hetianga mut hian, taksa a thil tui awm zawng
zawng, hnuai lam zawng a awm tlal rengte kha
a let ling zâwngin an han awm ve ta thung a, ke
lam ngawta kal thin te pawh lulaniah an lokal ve

ta a. Taksa, a awm ngai a awm reng chu a kham
thôm thinin kan bria a, kan han chet danglama
nuam deuh huaia kanbre thin ang hian, chunglam-
a awm thin huai lama a han awm ve thung a,
huai lama mi chung lama a han awm ve thung
hian, taksa chu a lo hahdam huai huai thin a ni.

Thluak leh taksa bung hrang hrang thisen
dawng tha tâwk lore chuan an lo dawng tam ve
thei ta a, a lo hahdam ve ta a ni. Hm̄ai leh
hrawk vel te pawhin thisen a lo dawng tam ta a,
a lo chak phab ve leh a. Luruh leh samte thleng
pawhin betia thisen rawn kal tam ta hi lawmawm
an lo ti ve ta a ni.

Hetianga mutna âwnah hian nitin minit 15
zeli vawi hoih tal chu mut thin tur a ni. Hei
hi rulpuiludin aini a hahdam zawk a, a tha zawk
bawk a ni. Kephah kham blaui blaui te, ke
vung ber bur te chu a awm ngai lovang. A mut
bur tha ber chu hrahawh hah hrah ni se, a
tha ber a ni.

Dul vun uai thla hruk tawh te hi a ip
chhoh a har viau tawh a, mahse hetianga mut lai
hi chuan a tawm chho vek thei a ni. Chuvangin
dulkar te tân phei chuan a tha leh zual a ni.

Pumpui sawizawi dan :

Khum awiah chuan a zangthelin mu la,

(I lu lam hniam zâwkin). I dul chu ip phai phawt la. Pakbat-pahoi chhiar la a pakbatnaah chuan ip phai la, a pahoihaah ip lehzaal la, a nathumnaah i pum pul leh i hongzang ruh in-khawit hial turin ip ang che. Chutiang chlah chuan waw sewm thleng chhiar la, tichuan indul leh ang che. Chutiang ngat chuan waw 10 vel tih tur a ni.

He insawizawina hi a tangkai em em a ni. I tih than hau chuan khaw hennah p wa a tih theih vek tawh a ni. He insawizawina hien i kawng hawr leh i dul thao tur chu a veng tlat dawn a ni. Hemi i tih than chuan upat lama koki vai thla te, dul fual tma hnuk te, nghawng leh hmai chuar tep tep te leh, a tul lo lara lo bawk tok tuk tur te a veng dawn a ni. Pum chhungah hian taksa peng pawimawh zawng zawng a in-khung khawn a. Chu lai wawngru chu a brisel a, a chak phawt chuan taksa pumpui tan a thlamuan thlak a ni. Dulkiar tak i lo nih tawh pawm, beiang insawizawina hi i beih chuan ni 30 stanga ni 60 inkrah i dulkiar chu a reh vek mui ang.

Kawng i kalin, rin ngil zawh angah innagai la, i kezungpui ngil takin chhep ang che. Mi pawimawh tak angin kal la, i ke vel lam leh diog lam chu rin ngil chur g zawnah chuan chhep zel ang che.

I thăwk zăwagin bunbi fel tak neiin thaw ang che. I thaw chhuah lam kha a tâwp rât thlengia chhuah la, a hip lam chu amabin a lo iorel chewp mai ang. Ni khatah vawi khat emaw tal chu thaw hlawp hlawp khawpa bahin tlin thin tur a ni. Ui i neih chuan um la, naupang chhaih tur an awm leh chhaih la, um rawh.

Khaw lafa i kal pawhin mipui sâng tam tak zinga lawmman dawngtura kal angin kal ang che. In chhunga i kal lai pawhin a changtupa emaw a changtunu emaw ni awm takin kal thin ang che.

Muthilh: Tui taka muthilh theih hi Pathlan thil thlawp pek a ni a, a blu êm êm a ni. Miă tam takin an muthilh theih loh avangin mutua hlo an ei thin a. Chumi avang chuan an dam chhung hunte an titawi thin a ni.

I muthilh theih loh pawhin pawl ti reng reng suh. Pawl i tihna chuan a timubil thei lo lehzuai ang che a, pawl i tihna chuan i tan thil tha lo a rawn thlen zawk ang.

Mubil thei lo mi tam takte chuan hab-chawh dan an zir hnu-in muthilh dan pawh an lo thiam ta tih kan hria. Muthilh theih lohna chhan hi, chaw-si a tang bawkin a lo awm leh a. Chaw chl braug braug pawimawh tak tak chu

awm bawk mahse, a bik takin calcium leh vitamin D hi a pawimawh a, a dawtah vitamin B₆ a pawimawh leh a ni.

I muthilh theih loh chuan, calcium leh vitamin D inpawlhin ei thin ang che. Calcium lactate te, Calcium gluconate te, dicalcium phosphate mumte hi a ei tlak vek a ni. Mut dawnin mum hnih emaw ei thin ang che. .

I muthilh theih tho lai pawhin calcium tamna chaw te hi chu thlahthlam chuang sub ang che. Bawnghnute tihthur te, bawnghnute phut te hi calcium tamna a ni a, ei-in, in thin ang che. Calcium pawimawh dan hi sawi tawh thiam a har a ni. Mut tulna, bahdamna leh nun habchawlbna tha ber a ni.

Vitamin B₆ hi chaw naranah a awm mang love, Kawrtai ek chnia (black treacle) ah cbauh hian a tam a ni. He vitamin hian briatna tha zamah hna a thawk a, tar lam taksa ithubing dat dat te hi vitamin B₆ tlakchham avanga lo awm thin a ni. Tar lama kut khur thjnte pawh hi vitamin B₆ tlak chham avang bawk a nih hmel viay mai.

BUNG XI

Mit:

Daktawr thiam tak Russal Wilder an tih chuan, nute hian an naupai lai atangin chaw ei tur dik tak hi thlang fuh sela, thangharte tan chuan tarmi tvuah hi a tul tawh miah lovang, a tih chu. Chu daktawr vek chuan, tuna kan thiam-na zawng zawng pawh hi chaw ei chungchangah hian hmang ta ila, upat lama thl en blat a tul thin hi, nasa takin a tikhawtlai thei ang, a ti bawk.

Indopui vawi khatna tawp him tē khan Belgium ram chu a chhe nasa bawk a, thl tharlam ei tur a awm lova. Thl chung chuan thingtiang mi sang tam takie chu an mit a mel ta tlac mai a. Daktawr ho chuan theih tawp chhushin an enkawt a, mahse, an tidam thei chuang lova. Fur a han tla ta a, hnim leh thlai te an lo chawr no tan ta a. Mipui rilam chuan, thl chawr no tē tē chu an ei ta a. Rei loteah an minimal chu a reh leh ta vek mai a ni. Hemi thu hi khawvel hmun braug hrangah an lo hratio mak an ti theuh a, ei leh in atangin mitin damna a lo chang thei a ni tih leh, vitamin A hi mi-in a lo mamawh a ni tih hi an bre ta a ni. Vitamin A chu thlai eng chi leh bring chi-ab te hian a awm a ni. Tin, chumi huan an chhui chhush leh zel-

niah chuan. Butter eng leh bawnghouse dak tha tak takah te hian vitamin A chu a tam tih an hre bawh. Nghapui tnau, a thin a tanga an lak chhuah te hi, vitamin A tam bikna a ni. dek-tawr te chuan damlo tan an chawh deuh ber thin.

Vitamin A hian mitmal a tireh chauh a ni lova, mitui kuate a tifilin tuifin tichhuak mei reng turin a tarpui thin a ni. Chu chuan nitnu a tifimio a timawi leh zuel a ni.

Vawin stangin i mit chu a chaw mamawh zawn taka chawn zel tawh turin inpeih ang che.

Taksa bung dangte mamawh aag bakah mit chuan vitamin A leh B2 leh C leh amino acid chi khat tryptophane an tih hi a mamawh zuel bik a ni.

Thlai hring chi leh thlai eng chi-atte hi a carotene an tih hi a awm a. Chu chuan thinae hian vitamin A a siam chawp ta thin a ni. Thlai hring leh eng chi ho hi tam cawn nituin el thin la, mit chu a tra reng mai ang. Bawnghouse-ah hian vitamin B2 (riboflavin) chu a awm a, ser tui sawr ah hian vitamin C chu a awm bawh a. artui leh Butter ah te hiao tryptophane chu a awm bawh a ni.

Mi thenkhat chu an nita vaivut lut ang hian a ngap thei a. Churang chu Vitamin B2 tlak-

chham vang a lo ni a. Chaw ei apiangin riboflavin milligram thum zel ei tel sela, chawlhkar hnib hnuaa chuan a tba leh vek mai ang.

Mit tâna chaw tha chu bre mah ila ei tur a awm mai thei thin lova. Chuti a nih chuan mit tibhahdam hi a pawimawh em em a ni. Mit vela tibrâwlte hi a lo chak lo thei bawk a, sawizawi ve fo te pawh hi a tel thin. Tin, chaw tha a i mit i chawm thei lo a nih chuan tarmit tha ber ehi, i mit nêna inmil chi-h leh i hmel nêna inmawi tak mai chu thlangin lei ang che.

Tarmit chu i mamawh lai chawhin vuah la, i mamawh lem loh lai chuan vuah reng suh ang che. Tarmit i vuah chhuang chuan i mit a hahchawl thei lova. Chuvangin ramhnuaia i kal laite, kal-bawza i kal laite chuan vuah lovin awm reng ang che. I mit enu a hahdam thei ang berin awmtir ang che.

Tarmit vuah lova i awm thei lo a nih chuan, a chang chang tal-in thu la i tarmit chu la thla la, i mit chu zawitê-in maimitchhing la. I kotphah ukum ve ve la, i mit chu zawi tê-in hup ping tlát la. Êng pakhat mah lut lovin, a thim thei ang berin hup la. I mitmu erawh chu nem tel reng reng suh ang che. Chutiang chuan i thaw han la vak la, zawi muangin chhuah leh thin la. I rilruah engmah ngathuahn lo la, a thim thei ang

ber chauh suangtush la. Vaw i thum vaw i li vel i
 thew i lak halh halh hnuah i kut chu la la, meng
 leh ang che. A hma ai chuan nasa takin i meng
 fiah tawh ang. Hetianga mit sawisak hi 'Palming'
 an ti a, New York-a Doctor pakhat William
 H. Bates an tih chuan a ching chhuak hmasa ber
 a ni.

Kemi bakah hian mit hrui leh tibrawl chak
 lo tihchak dan insawizawina chi ruk a awm leh a
 Chu chu tangkai tak a ni a, mit-kalhte pawh a
 reh thei hial a ni.

Thlawhna khalhtute mit an exam thio'e hian
 hetiang insawizawihna lo tithangho hi chu an tling
 zar zar zel a ni. A vaia i ti peih lo a nih pawh-
 in a pangana tal hi chu ti thin ang che.

1. I lu tiche miah lovin chung lam leh hnuai
 lam en tawn sek ang che.
- 2 Vei lam tawp atangin ding lam tawp en leh
 thin ang che.
- 3 Chung lam en la, i mit sirin vei lam en leh
 la, chumi dawtah hnuai lam. Tin, i mit ding
 lam sirin ding lam en leh ang che.
- 4 Chung lam en la, i mit ding lam sirin ding
 lam en la, tin, hnuai lam. Chumi hnuah vei
 lam melh leh ang che.
- 5 I mit mu kha vei lam atangin ding lamah ti-

let la , chumi hnuah dinglam atangio vei laraah tijet leh ang che.

6. Pawnah thu la, i hnar zum kha en la, chumi zawhah tläng hla ber en leh ang che.

Thalai mit chu englai pawh a khap reng a. na taka khap sawk sawk pawh ni lovin zawi tê tlein an khap reng thin a ni. Mi upa lam tawh-te erawh hi chu an taksa a bahchawl lo ang bawh hian an mitte pawh hi a rin dik a, khap nachang hre lova dien kuau reng mapte hi an ching a. An mit hruite hi a rim êm êm bik a ni.

Tun ataog chuau mit khap nachang hre tawh ang che. Kawnga i kalin i ke pen zatio i mit khap tel ve zel i, lenkha i chhianin tlar khat i chhian zawh apiangin i mit khap hnasa zel ang che. I tih than hnu chuan, i ngaihtuah mang loh lai pawh khân i lo khap ziah tawh ang a, i mit chu a fim tawh tawh ang a, tlo pawh a tlo zawk d.ih tawh ang.

Mit nautea thil pawl lo awm thin hi Cataracts an ti a Hei hi Vitamin B2 (Riboflavin) tlakchham vanga lo awm nin an swi. Kanungah au chhin tawh a , mit nautea thil pawl lo awm tantir tawh hi riboflavin tam tawh takio at chawm a , a in belchhhah ta reng reng lo mai an ti. A awmsa erawh chu a reh chuag lem lo. Chuvangin upat

lamah chuan B2 awma chaw, khamir te, bawngnute thurle. Bawngnute phutte hi ei tam tor a hi.

I mit ala fiah lai reng pawhin inthlahdah sub ang che. A chaw mamawh zawnge ei thin la, issawizawitate khi ti fo thin ang che. Mit a chak loh chuan lûte pawh a na thei thui a, a hai thei bawk.

I HÂ KHA:

Chicago khuaa ha lam thiam Doctor pakhat Mary Lohman an tih chuan, "I pian hma atang-in Dentist io entir ang che," a tih chu. A ti mak vian a ni. Mahse a dik tlôt si. Nausen, pailai te hian, Calcium an mamawh tan tawh a, chu chu a nuin ueib tam tawk leh tawk loha zir a lo ri a. A nu ha a var that viau chuan a fa ha pawh a tha dawn a. a nu ha a chhiat viau chuan a sapai lai ha pawh a chhe dawn tihna a ni.

Europe rer, mhring, Scandinavia mite Italy rama mite hi an ha a fain a tha êm êm hlawn a. America-ah khuan an zu pem a. Kum thum kum h vel an han awm chuan, an ha chu a chik uk ve ta mai thin a, an tih chu. A chhan chu America ramah khuan calcium ta chham chaw an ei tam a, ho tiebhe chi thil thlum an ei uar thung êm êm a ni.

Ha hi kum tam avanga chhia a ni lova, kan thil ei avanga chhia a lo ni zawk. I dam chhung hua a daih ve theih nan i ha chu chaw chi li in chawm ang che. Chhung chu, Calcium te, Phosphorus te, Vitamin C te Vitamin D te an ni.

Calcium leh Phosphorus awma chu bawng-bnute tibthur te, butter te a ni. Chhung chu i-tin ei la, i ha chu a var tie sar mai ang.

Vitamin C awma chu thei te tomato te, hmarcha bring te, ser tui thailam tuk tak te hi a ni. Heng hi ei tam la, i hahni chu a sen vâp ham reng mai ang. I hahni a thei chuan vitamin C i tlachham a ni ang.

Vitamin D awma chu sangha thin thau (hrik) ah a awm a, ni zungah a awm bawk.

Thil thlum ei uar mi chu an hâ a tlo thei lo. Chhiblum bian ha tuamte (enamei) hi a ei rala, ha a ngét dubla a mawih te-pawh a mawih thlo a ni. Hmuamral hmuam te hi a tlo a ni. Thei thlum tak tak te kan ei pawh bian, ei zawh velen kam thuah fai thin tur a ni.

Ka muat hi ha thi a ni a. hrik engemaw avanga lo awm a ni. Ha hi pakhat chauh pawh a muat chuan a hlauhawm em em a ni. Khup ruh pawh a tina tel thei a ni. Chuvargin ha muat chu phawitir thuai tut a ni a, a toa khabe ruh

pawh agun taká dandawia enkawí tur a ní. Ha muat hrik-chuan khabe ruh pawh a timuat thei lehzwai a ní. Chévangin ha lam doctor thiam ber berte rawih a pbi hle a ní.

Ha nei tawh lo tân pawh ha siam chawp tal hi hman tur a ní. Ha siamtute hian a hmangtu hnel néna inrem taka ha siamte hi an thiam a. Hmai hlai deuh tân ha hlai deuh an siam a, hmai sin deuh tân ha sin deuh an siam mai a. Tin, hnâr leh hmuí inkarte an teh vek a; engtia seia siam tur nge n' ang tihte pawh an hre vek a ní.

Ha siam chawp hian chaw eiah mi a tanpui a, tawngte pawh a tifiab êm êm a ní. Amah ha lem chuan Calcium chu a mamawh haup lova, mahse sil fai fô a mamawh thung. Hahni leh khabe ruh-in calcium a mamawh tam tial tial thung a, chévangin upat lemah chuan calcium bi ei tam tial tial tur a ní.

S A M T U A K :

Sam tuak leh lo kawih hi a pumpelhoa zawng-in mithiam tam takin an ber mek a, an hlawhtlin-na pawh a awm nual. A thargpui thuin Chinese ho hli an sam a tuak har bik a, a chhao chu, an chaw eiah Vitamin B a tam bik vang nian a lang. An chaw rin pui ber chu songha to, bekang to, thilab bubai lamto, bnumnah to, buhfai thiah nawn leh to, thilab ektum, hmin chang changa

chhum te hi a ni. Irish-mite hi chutiang deuh bawka sam tuak har m chu an ni ve. An tui in leh an thlai chinte khi Iodine pai tam chi vek a ni a, (tulfiriati kama rannungte leh thlaite reng reng chu Iodine pai tam chi vek an ni), chuang-in an sam a tuak har a nih a ricawm

Mi thiamten an chhui chhuath danin sam dum tha tak leh brisel tak nei tur chuar, Vitamin B group zang zang leh iron leh Iodine hi an pawimawh a ni an ti .

Sam tuak tur ven hi thul harsa vak a ni lo. A chaw mamawbzawng hi ei reng -la, tichuan a tuak lawk lo mai ang. Amaherawhchu a tuak tawhsa tidum leh tur chuan kum engemaw zat chaw tha tawh ei reng a ngai a ni.

Vitamin B zingah pawh pantothenic acid leh folic acid leh para-aminobenzoic acid an tihte hi sam tuak tawh hnu tidum leh tur chuan an tang-kai bik-in an sawi.

Mipa zingah chuan Vitamin B chi khat inositol an tih hian lu kawh tawh laiah sam a toir leh thei a ni. Iodine hi luruh vela thisen a kal that theib nana tanpuite a ni . Chuangin Iodine a tlem chuan luruh vela thisen kal a tlem a, chu chuan sam thang tha tur a tichuanawp thei a ni. Iron atlem chuan thisen kal vel a nem ve leh thang a ni.

Hèng atang hian lu nalh tak nei thei tur chuan chaw tha bawk a pawimawh leh ta tih kan hre thei ang. Sam tuak danna chaw-te hi a theih hrâm chuan chhum hmin loh tur a ni. Folic acid pheci hi chu a sat chuan a thi mai a ni. Chhang-thawp si-mra khamirah hian heng sam chaw chi thumte hi an awm kim vek. Bulgarian ho chu, bawnghte thur (d+hi) ngawt hi chawah an ring bawka, kum sawmsarih hou lamah pawh an sam ala dum e an tih chu. Bawnghte thurah pawh hian sam dumna chaw chi thumte khi an awm kim vek bawk a ni.

Inositol tamna ber chu kurtai êkchhja (black treacle) hi a ni a, khamir-ah a awm bawk a, sathin-ah a awm bawk. Iodine chu tuifinriat kama hminah te a awm a, sangha-ah a awm bawk a, kaikuang leh tuikep-ah te, chengkawl leh chak-ai ah te pawh a awm bawk. Sathin-ah hian iron a tam viau bawk.

Coffee hi sam dum duh tan chuan a in chi vek loh. Coffee hian taksau vitamin zawp thei-hote chu a tloegai niin a lang. Chuvangin coffee alah thil dang in zawk a tha ang.

Sam hi a fai loh chuan a nalh thei ngai lo. Chuvangin englai pawhin fai taka vawn reng tur a ni. Tin, a chug chavangin i sam kha tham khawm la, phit sawk sawk thin ang che. I lu vana thisen a lo luan tam lehzuai theih nan. I phih

sawk sawk hnu chuan lum deuh pap papin i hria ang a, chu chu thisen tam tawh a lokal tinna a ni ang. Lu leh sam a brisel zawk theih nân ni khatah wawi khat te chu phih sawk sawk thio tur a ni.

Pa pakhat chhip kawlh vek tawh hi accident a tawh avangin doktawm a lu vun chu, a mit bul velah a bel sak ta a. A dam hnuah chuan, a mit velah chuan sam a lo to ta chhum mai a! Mak an ti hle a ni awm e. Lu vun, sam tlâk kawlh tawhnaah khin, thisen a lo chawm that deuh tak avangin sam a lo to leh thei ta tlât mai a ni.

I Vun Kha.

Vun hi protein-a siam a ni deuh ber a, chavangin protein a tlakchham chuan a zawh hnuk thio. Hmai vunte hi fân thei leh tawm thei a ni. A fân thei leh a tawm theina hi thil pakhat collagen an tih chu a ni a, chu chu protein coll- te arkara a char belhbwam khawntu a ni. He thil hi a fân leh a tawm thei laia chu a ni. A fân leh a tawmna hnaah chuan vitamin C hian a lo tanpu ve thung a ni. Vitamin C tlakchham chuan a tawm thei lo emaw a ni ang a, a dul hnuk mai dawn a ni.

Im. Vitamin B zinga ni pantothenic acid hi vuchuar tur tirehtu a ni bawh.

Mi thenkhat chu, kum sawm ruk, sawm sarih-ah pawh, vun mar tha tak, mām tle sarh mai te an la nei thei a. Hēngte hi awm palh mai mai a ni haub lo. Chutiang mite chuan sa-um leh thei chi hrang hrang an ei tam thang tih a hriat a ni. Thil thlum satiah tangkai mang hlei lovah an inti haub duh lo bawk.

Mihring kan lo upat tial tial-in vun a ro duh a, a thep hrusam duh bawk. Hei pawh hi vitamin A tlakchham vang a ni. He vitamin A hi, thlai eng chl, carrot te, thingfanghmate, maitaite-a thil awm chuan thinah hian a siam thin a ni. Thlai hring chi-ah te pawh hian vitamin A siamtu chu a awm deuh vek bawk. Vitamin A hi kan taksa-ina a hman sen loh khawp pawhin lo ei ila, a borai chuang miah lova, Thau-ah a indah tha ve zel ringawt mai a ni.

Vun tino reag tur chuan vitamin B chi hrang hrangte pawh hi an pawimawh vek mai. A bik tsikin B, hian thisen kal a titha a, vun hmel a tisar a ni. Hmai dang beibuiho tante hian B, chu a pawimawh lehzuat dawn a ui. Hmai leh kutphah a hring deuh nguhh lo awm thinte hi B2 tlakchham vang a ni. B leh B2 tamna ber chu khamrite, sathin te, bawngnhute thur te, butter te hi a ni.

MIT VAL :-:

Mit huai chiah hi vun pan takin a tuam a.

Chuvangin a chhunga thisen kal chu pawn lam a-tangin a hmai em em bik a ni. Thisen kal vel chu a bawhlhlawb viau chuan a duk rubin a lang ang a, thisen chu a thianghlum viau chuan a sen sar hlarb thung ang. Chuvangin mit bul vel hi thisen a thianghlum leh thianghlum loh en fiah nen a tha hle a ni.

Darthlalangah ngun takin hmel hi iner thin tur a ni. Mahui hmai vun awmzia te hi chik taka hriat tum tur a ni. Thisen a lo bawhlhlawb chuan oxygen ka hip tam tawh lo tihna a ni a, kan thisenah Carbondioxide leh bawhlhlawb dangte a tam hle tihna a ni.

Kan chaw eite hi teksaa a hao kal hian thisen tiduk theitu an ni deuh vek a. Amaheravh chu a pawlh danglam tutur thil dang ka ei tam ve thung a tul a ni. Chu chu ser lam chi reng reng te leh thlai hnah hriag chi leh thlai eng chue reng reng hi ei an ila, chu chuan thisen duk tur kha a tiler ve thung dawn a ni.

Kan hmai vun chuar dan kalhmanh hi kan thil ngaihtuah thin a ziriu a awm thei. Mi rilru ngui chi chu an hmai chuarin houai lam a bawi a, mi blin thei mite chu an hm i chuarin chung lam a bawi thio. Mi rilru khauh leh mi tum jroh takte chuan an beh an elip hmak reng maia, jao hriai chung lamah hian a khamphetin a iorin ruak tum.

Mit vela chuarte hi hmela thil chuar awm hmasa pawl an ni a, blin.na avanga lo awmte pawh a ni thei. Mit leh mit iukara a tung-zawnga chuarte hi chu mahni rilru hmangrim zualte awm dan deuh a ni.

Hna thawh leh ngaihtuah inang chi deuhho chu an hmai chuar dan a inang thin. Speaker te Lawyer te, lem changtute hi an biangah a chhuk zawngin a intin thla ruaka, an khabe thleng hiala inrin thlate pawh aa awm. Hnuai lam bih ngala hna thawk ho. Clerk te, puan thuite, ang hi an khabe chuanglai an nei duh chawk, an khabe an nawr beh thin avangin. Natna tuar thangte chuan an hmash chuar te tak tē tē an nei teuh duh. Kutzia anga hmash zia chi hrang hrang lo awmte hi upat vang kher an ni lava, a pawina hek lo. Hmai mar mam purhte—hi ngaihno an ber hrangpa b'k love. Chaw chhiar avanga hmai vun chuar tip tep te—chu a awm thei bawh. Hmai vun chu lo chuar te mahse a hmawrio hausu lam a hawi tur a ni love chung lam hawi an ni vek tur a ni. Hnuai lam a hawi a nih chuan kum tam tak chhuogin dardhlalangah i inen lo a ni thei e. I inen pawhin a tha lai haub tum lovin a tha lo lai ngawt hmuh i lo tum thin a ni ang.

Dardhlalangah lo—en la, han sui ver ver teh. I hlim lai hmeh hi i la inhma ngai lo a ni ang e? I hlim lai chuan i hmai chuarte chuan chung lam

a hawi vek zel ang. I hmel tha lai chauh kha en
thin la, i hmel awmzia kha hre chiang ang che.
I lawm lai hmel te, i ngui lai hmel te beisei nei
taka i awm lai hmel te, i beidawng hmelte kha
iuhre vek ang che. I upatzia hmuh tum lovin ila
hleirawlzia ngawt kha hmuh tum zawk ang che.
Hlim takin i hmel chue en la, thian duh takte hmel
i en ang kha en ang che. Mahni hmel hi hmel-
hriata lawmgeh a tul a ni. Chu chu mi tam
takin kan a thia. A dithlok hle mai. Lazabpui
lovin kan i ngawt zawk tur a ni.

BUNG XII

Inb. khawka khawsak dan.

Mhisetna tha lei tur chuan a i buktauka chaw
ei a tul a, hmel mawi tak nei tur chuan thisen
zan inbuktawka pawimawh a, Chutiang bawkin
lawmgeh mawi tak nei tur chu n khawsak dan
a buktauka pawimawh leh ta a ni.

Kan hun chawhuu lam hi k n khawsak dan
tin-dik hun chu a ni. Accountant chuan a Lebkha-
bua a thul ziate chu a lut leh chhuak lamte fel
takia a dah rem thlap thin. Chutiang bawkin dam
chhuug hun pawh ni lebkhabu ang tho a ni a, ni
tin hi phak khat zel ang a ni a, phak 36500 vel
a awm a ni.

I nanna buah chuan i hun chawhma lam zawng chu a inziak tawh a, a phak awl laite pawh a awm mai thei e. Pawi ti miah suh ang che. Mi hl. whaling ber berte pawh hian an hun chawhnu lam chauh a ni an hun piwimawh chu an taan tho ni. Nulak Wangvel lai chuan mi rel saab kan thawk mai mai thin a, hna kan thawhte chu kan duh vanga thawk ni lovin kan hnuh theib chhun a nih awgin kan thawk mai thin a, a nawm leh nawm lob pawh kan ngaituuh hman tak tak thin lo. I hun chawhma lam chu i lo kmang tha tawk lo deuh pawh a ni ange, cawhnu lamah a khuh nan fimkbur takin i bei ve thuag mai tur a ni.

∴ I nungchang siam rem rawh ∴

Mi kawm tak tak nge i nih mi thil phal tak nge? Ngaibtuabna leh suangtuabna mai maia lungawi thin mi age i nih a, a tha tin ngei chauba lungawi chi nge i nih? Mi pangngai kau tih hi chu a tawo tawo mi kawp ve ve thei hi an ni. Kawm lutuk lo, thil phal lutuk lo, mahni chaur ingaibtuab lova mite thatoa chuh pawh ni bik lo. A awm tawk an tih ang hi mi pangngai awm dan tur chu a ni. A petu nih bawh a, a dawngtu pawh nih bawh tur a ni. A huna chuan hah takin awm tur, a huna chuan ngawi chawh deuh a awm bawh mai tur a ni.

I thil lo tawh tawhte chuan i awm dan chu lo hrii fel vek tawh ang. Mipa, nupui leh fa chawm

laite, minu, pasal nei tawh lova fate enkawl mekte, tlawogawl lai, chbungkaw enkawltu ni mək si-te chuan an nungchanga a dinglam, a harbvang zawk chu an lo hmang thang tawh a ni.

Kawng leblamah chuan, minu pawh mipa pawh midang ngaihtuah tur nei lova mahri chauh lo in-bualpui thinte chuan an nungchang vei lam pang chauh an lo hmang thang thua a ni. A khalhtu ni lovin a chusga chuang ang chauh an ni a, a tiha titu ni lovin a suangtuahta chauh an la ni. Dam chhung inthlasiaknaah hian an tel ve lova, a thlirtute chauh an ni.

I nungchangah a englam zawks pawh chu lo hmang thang tawh la, tunah chuan a pang khing leblam chu i hman ve thung a hun tawh a ni. Vei lam a that tawh chuan ding lam siam tha ve tawh la, ding lam a that tawh chuan vei lam siam tha ve tawh thung ang che. Nangmahah khân siam that theih tur hmabâk tam tak a awm a, chumi siam that hna chu i tau dawn ta a ni.

Mahni inring tawh tak mi i nih chuan tun a-tang chuan mite rin ve tun tawh la, a petu ngawt a i tang thio a nih chuan mite pawh pe ve tawh che rawh se. I tawng teub thio a nih chuan a ngathlatu nih ve tawh tun ang che. Zirurtu i nih chuan i thil hriat ngai loh zir turin sabuasaib ve

tawh ang che. Mi thu tak deuh i mih chuan fiam-
thu thawh ve tawh la. Ra taptawm i nih chuan zin
chhuak ve thin tawh la. I finkhur lutuk a nih
chuan namul deuha khawsak ching ve deuh tawh
la. Huobi nci taka khawsa mi i nih chuan zanah
hawn nchlang hre lovin lêng ve tawh la, a tuk chu
nilengin mu ve thuang la. Thil tih ngai tih reng
hi a ninawm ve a nia.

:: Rilru Inbuk tawh ::

Taksa hrisel tur chuan insawizawi thin a tul
ang bawh hian rilru hrisel tur chuan sawizawi thin
a pawimawh ve a ni. Insawizawina chi hrang
hrangte chu hêngte hi an ni.

- (1) Nitin minit sawmpanga chung tal chu 'Ka'
'min' tih tel miah lovin thawng par par han
tam teh.
- (2) I thian hnenah i chan chin sawi la, vaw khat
mah insawisel lo leh uang lovin, i thianpa tâna
ninawm hauh si lovin, i theih chen chen han
tawng teh.
- (3) Darkar chawve chung chu thu pakhat chauh
ngaituah han tam teh.
- (4) 'Maw' tih te, 'tirawh' tih te awm miah lo-
vin i thian hnenah thu han sawi teh.
- (5) A châng chângin, ni khat tal chu, midang thil
ngai huiet miah lova, 'aw' tihiei nilêng tur-
in mpe thin ang che.

- (6) Thu tihthlûkna (decision) engemaw tal chu siam thin rawh. Siam hauh loh ai chuan siam sual pawh a tha zawk.
- (7) I ngaihndan kha khaib teh. Midang ngaihndan tur atangin ngaihtuah la, a pabnih chuan khaikhin teh.

Thu rawn pawimawhte :

- (1) Nui rawh. Nuih hi pumpai tinuamtu a ni a, thisen kal a ti tha bawh. Taksa pumpui hi a tithar sawt sawt thin. Nuih hawk hawk dan hi zir ang che.
- (2) Thinrim rawh Thinrimna hi rilru tichaktu a ni I thinrim tak tak lai chuan, thu ngawi mai mai suh. Mut phei chu mut loh tawp tur a ni Tho la, tei vei rusi la, ang bawrh bawrh rawh. I ngawin pui reng chuan i thinrimna tûr chu nangmahin i lem ang a, a pawl ang.
- (3) Se se-a thu sawi leh thu awmze nei lova sawi mai mai chu, thâ kan sêng thawn a ni.
- (4) I zhawmna chhân hlau sub. Mifang chuan, ui â nih pawh a hnial ngai lo an tia lawm.
- (5) Thil zir hi bang suh. I thil hmuhte chu chik rawh. I lehkhabu chhiarte pawh chik takin zir rawh Chhinchhiah la, vawng rawh. Rimawi i hriat chinte chu chik lehzuahn ngaitihla la, i mi nmuh thin te, i khaw tlawh thin

te, i thil tawh te reng reng pawh, chik takin lo zir zel ang che.

“Hun kal tawhte kha kohkir leh theih ni sela aw!” tih hi mi tam tak tab hla a ni. Ko kir leh thei ta la, engtiaga hman nge i tum le? Tua hma chuan i duh dan ni lovin a tul dan ang angin thil i lo ti thio a ni mai thei e. That lai hun hi chuan ngaitlah Chiang Iova thil tih mai mai hi kan ching theuh. Tunah hian engnge ni tih i duh le? I that lai hunte kha ko kir leh thei ta la, engnge i tih dawn? Engtiang chiahio nge i hman dawn? Tunah hian i hun chu i ko kir leh ta mi lovin i hman tawh sia rei zawk kha hun ila nei ta cheu mai. Kum 40 chu musal lo takin i lo hman liam tawh a ni thei e. Kum 60 lai mai, lungfim taka, i duh ang taka hun hman tur i la mei a sin. I lawm em? I hun kal tawh te sia ropul zawk, hman tlak zawk, tangkai zawk leh nuam zawk chu i hman a la awm e. I duh duh i ti thei rawh ang. I thu thu in i awm thei tawh ang. Lehkha zir i duha : lo zir hman lo a nih chuan tun atangin i zir tan thei tawh e. Hna thawh a tul chuan i tu leh faten thawk tawh zawk rawh e. Nang chuan i hna lain i thawk zawk tawh e. Zin i duha i zin hman thin lo a nih chuan zin tawh ang che. Ram vah mai maite i chak chuan zan thum riakin buhfa: leh chi fun ia. rik bo dah mai rawh.

I naupan laia thil tih i chāk, tuz thlenga i la chāk a awm en? A awm chuan ti ngei tawh ang che. I thil tih chāk zəwng tak i tih chuan rin aia i chhel viau ang.

I thil hlaub thiote chu tilui la i ngam mai ang Vantlang zinga thusawite i hlaub thin em? I hlaub chuan tilui rawh. Mi zinga thu sawi hi rilru slam thatu pawimawh tak a ni. Mahni ngaibdan fiah tak sawi thiamte hi a pawimawh a, lehkhla ziek thiote pawh hi pawimawh tak a ni. Zlak thiam tawh phawt chuan mahni chan chin hi ziek theuh tur a ni. Midang chhiar atân ni lovin mahni chhiar atân chauh. Mahoi nungchang inhriat chlan nân a pawimawh hle a ni

Nangmah indap la, talent tha tak i la hman ngai miah lobte a lo awm mial palh thei a, indap Chiang la, i lo ueib mial chuan chu chu thihhan len a hun chiah tawh ang.

Thil eng mah hi a chlawn mai malin tib tawh lob tur a ni. I thil tib chu hlutna nei tham, suma chantir theib ngei chaun oi rawh se. Sum chu i mamawh lo u nih pawhin, mi retheite pêk atan tel pawh, i til tibte chu sumah chantir zel ang che.

Kan that lai chuan, hmangaihna thichlung a-
vengin engkim tih kau chāk thin. Nupui pzel in-
hmangaihna avang te, nuli dangval inhmangaihna
avang te, nu lei fa len pa leh fa inhmangaihna a-
vang te, u leh mau inhmangaihna avang te, thian
the inhmangaihna avang te, u n tald la n tak a

ti thin a ri. Kan thilunga hmangaih lai kan neih
phawt chuan engkim tih hi a nuam thin a ni.

Upat lamah chuan chutiang hrang-ihna chu
a lo chuai tawh pawh a ni mai thei. Harsatnachi
hrang hrang avangio kan thilunga hmangaihna
awm thin kha a bo ta d'it. pawh a ri mai thei.
Chuti a nih pawhin hmangaih tur kan dap leh a
tul ta a ni. In nupa chu in inhmangaih tawh lo
a ni ang e? Inhmangaih that leh a ngai ta. Nu-
l a dangval lai ang chiah khan in inhmangaih that
leh a tul ta a ni. Nupoi pasal nei lote pawhin
neih that a suai lovang. Nupa tuak tim tak chu
kum 60 (s wmrak) hnaa inner te an ui. Kum in-
upat hleih lutuk chu inneih loh a thi zawk. Kum
inthlau vek lo, mukawm raal deuh ti kan awm
ngai a. Titi ru ltlang deuh chin tal an ni tur a
ni. Mel that aini nupa kawpchawite ti an dam
rei dub zawk an tih chu. Rilru pengkhing a awm
lovin, kawng engkim lu gawia an awm thein thin
avangio nupa kawpchawite chu an dam rei thei
zawk a awm reng a ni.

Tu leh fute hi buaipui tawh loh tur an ni.
Tun hmaa rilru tibuvitu leh tihatu ni thinte kha
tunah chuan so puiding tawh a, ngaituah an ngai
tawh lo. An mahni pawhin naupang chhua anga
in buaipui chu an dub tawh bawh hek lo. Cru-
vanguin stlawogawl takin, zalao takin awm tawh
zawk tur a ni. Chhungkaw mawh chu saten phur

tawh sela. "Cenior adviser" ang chauhin aww tawh tur a ni.

Lêng tul tawh i nih pawhin bantlang turah chuan ingai lêm suh. Nulat tlangval nan hun a tlai lutuk thei lo. Chuvangin thian kawmte pawh hmangha tken kawm tur an ni. Mahni anpuh hlir i kawm thia a nih chuan, (mipain mipa hlir emaw, hmeichhia hmeichhia hlir emaw,) i thian kawm dan tidauglan tawh ang che. Mahni anpuh lote hlir i kawm thia a oih chuat mahni anpuite kawm ve tawh thung ang che. A tawntawna thian kawm ngeih neih hi tum tur a ni. Thian kawm hluite thlauhtbi ka, thian tharte chauh kawm hi a dik lo. A hlui pawh la kawm tgeih tho tur a ni a, a tharte pawh eihar belh zel tur a ni zawk.

Tin, upat l ma naupang lam kawm theih loh hi a aww thian a. Hei pawh hi siam that a tul. Kôm chi hrang hrangte hi aumaboi zaw ang zela kawm ngeih tum tur a ni. Naupang zingah pawh thar tho neih tur a ni a, theirawl zingah pawh churang bawkin, mahni aia opa lehzuete zingah pawh neih tur a ni.

Thesaw n khawvengte hmangah theih hi a pawimawh ber. Midangte i hmangah theih chuan ktawvela mi zalen ber i ni ang. I kalna apiangah hmangah tur i hmu anga ngaisak tur i hmu anga, ngaisaktu pawh i hmu nge nge ang.

A khor tawkin iongh eogthawlna hun hi a aww tur a ni. Kan ranah chuan zaikhsawm leh lam vut

vut maile hi rilru tib engthawh: hun tha ber pawl a ni. Mi ramah chuan Club-ah zan tin an la a chin a. Cha pawh che rilru tib engthawh nao leh takes sawicawh nan a the em om biwk. Mah-ni i: shtanga fiamthi taka two phar deh deh mai pawh hi rilru leh takes nah chawh nan chu-an a the ble a ni.

Sum deh dan the zawk:—

Khawhak dan thea khawhak a lo tul tak si chuan. Sum leh pai deh chhuah dan leh a hman dawh pawh piao thea a lo tul ve leh dawn ta a. Tun hman kan pawisa sen uarna lam kha ner tawh lova, si leh in the zawk lei nana kan hman a lo tul dawn ta. Zuk leh hmuam atana kan sen so zawog zawog kha Vaimis lei nan kan hmuang tawh ang a, chaw thinglo, eng emaw mai mai lei nana kan sum sen thin kha chaw tling ngai chawh lei nan kan hmuang tawh ang. Kan buan zimteah chuan thei naraa Bâl leh Fanghma. Vaimis tih ang rengte kan ching khah lai thin kha, ching rawb lovin, taksa tana tha ber chi thlai buah hring, antante zikhunte carotte, bul-bawte, boante chin nan kan hmuang tawh zawk ur a ni. "Ka vi chât" tih vanga ei lovin, "ka me-mah" tih angang zawk iz chawhach chi hrang hrangte chu kan lei tawh zawk dawn a ni. Thei tawh tawh lam reng reng lei lovin, thei thirlian thei ang aping chawh kan lei tawh zawk dawn a ni.

Naupangin Sweet a ngen chuan thei kan lei sak zawk tur a ni. Thei a awm loh pawhin Vitamin C emaw tal lei sak zawk ila. A ba tha lai hmuamrala kan tihchhiat sak ai chuan vitamin C in a hahni kan tih brisel sak zawk dawn a bi.

Kum tina leipui vah ziah ai chuan huan zim deuha uluk taka thei chin a tha zawk a, tha leh sum sen a tlem zawk ang. Lo vahna thain bawug ek chhek mai zawk tur a ni.

Pumpui that loh avanga inzai man ai chuan, ha siam chawp man chu a thawm zawk a. Ha siam chawp hmuangin chaw chu chip tha tekin a thial theih a, pumpui natna chu a pumpelb theih a ni.

Tin, hna thawh hi khawvela damdawi awm hmasa ber a ni. Hna kan thawh bian kan taksa hi a brisel a ni. Kan thawh loh chuan a brisel thei lo. Kan taksa tihrawl chi hrang hrang hi a tawkfang chuan a tang thin tur a ni. A tan miah loh chuan a zawr thla tial tial zel a ni. A chet than erawh chuan a chakin a brisel reng thei a ni. Chuvaogin kan damdawi tha ber pakhat chu hna thawh hi a ni. Amaherawh chu chauh darna khawp chuan thawh loh tur a ni. Chauh nan ni lovin chak nan chauh thawh tur a ni.

Hoa thawk tur chuan achhan tha tawk kan mamawh thin. Achhan tha tawk awm lovah chuan kan thawk peth lo. Upat lamah chuan mahniin hah a hianah chawp theih a, a chhan tha tawk pawh a hianah chawp theih bawh. A tul vang ni lovin muam ka thi awangia hante chu ka thawk chauh tawh dawn a ni. Taksa chauhna khawp ni lovin ka tihchêw che ngai lote tihchêw nân ka thawk dawn a ni. Khawlah motora chuan reng ni mahsa ka kai ka thlang zawk dawn a ni. Boruck thlanglim hi kan hip tam tawk thei thin lova, kan han kai hah denh hian kan thaw vak vak a, boruck chu kan hip tam denh ngê ngê thin.

(Ho hahkahu chunga thu awante hi ngun taka i chhian a, i sawm bawh chuan, chawp leh chilh-in i lo hahet ngahin i dam rei bawh ang.)

Publisher.

